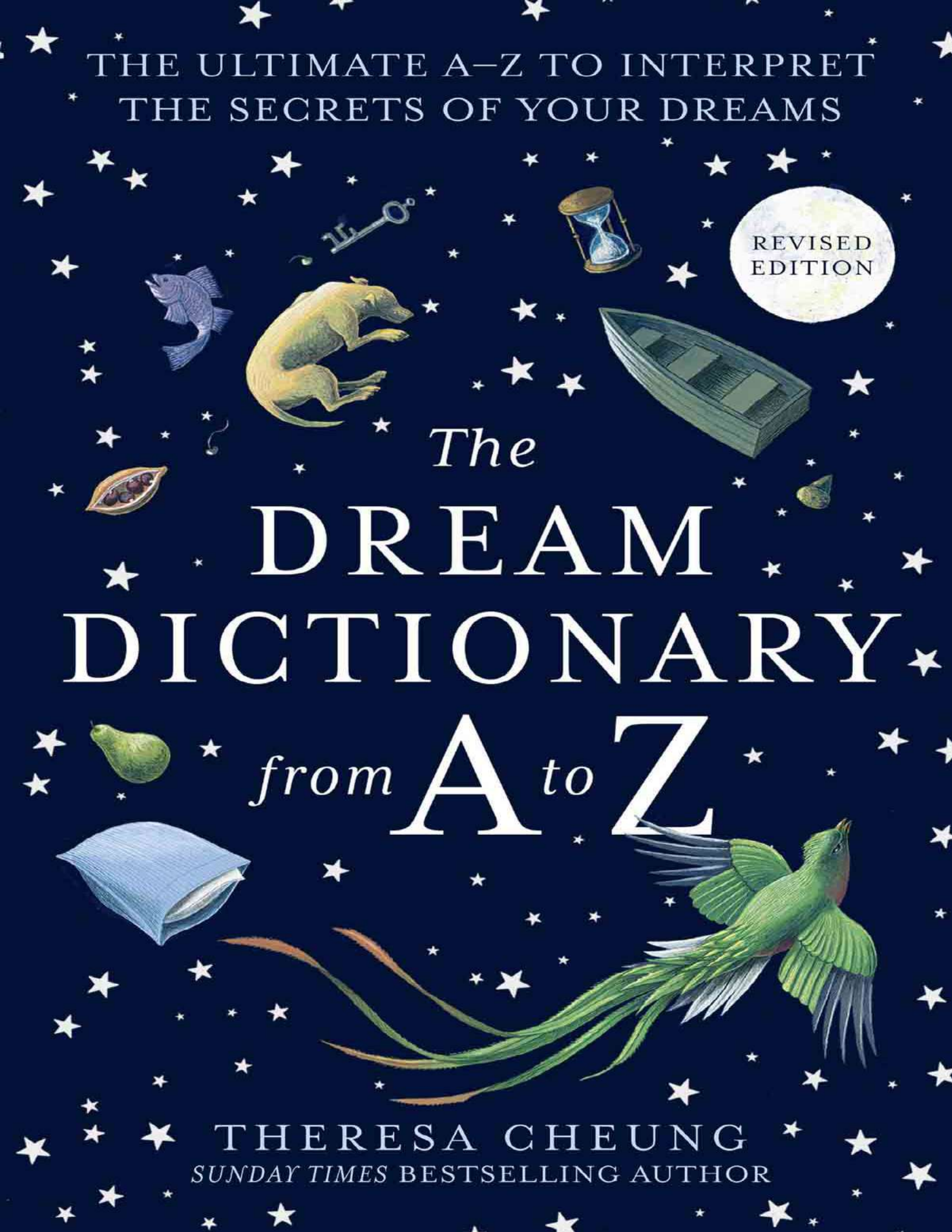
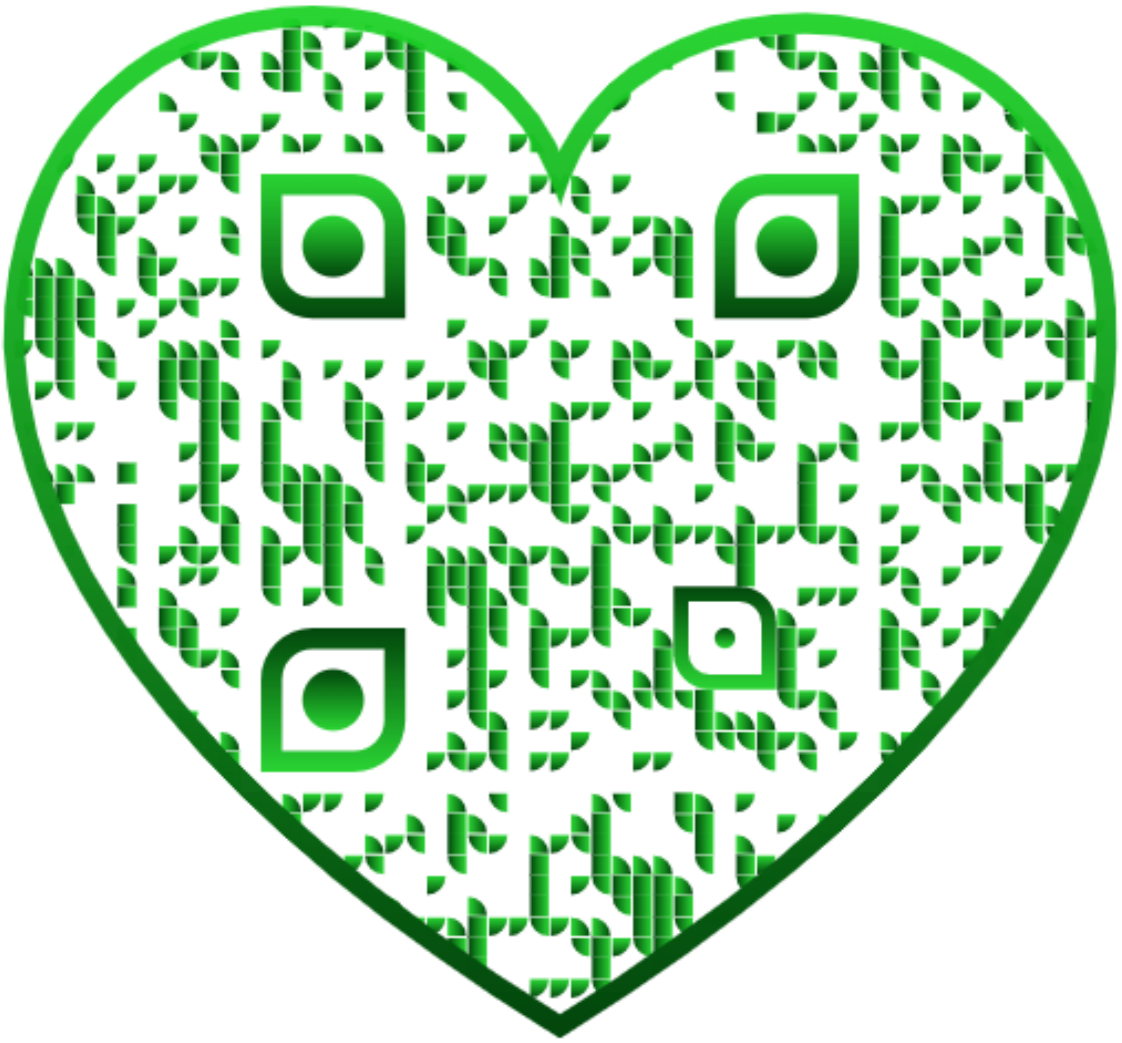
THE ULTIMATE A–Z TO INTERPRET THE SECRETS OF YOUR DREAMS



REVISED EDITION

The DREAM DICTIONARY *from* A *to* Z

THERESA CHEUNG
SUNDAY TIMES BESTSELLING AUTHOR



THERESA CHEUNG

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Thorsons

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*W*ELCOME TO A WHOLE NEW WORLD OF DREAMS

I dream, therefore I exist.

– J. August Strindberg

Dreams are timeless, but books written about them aren't. That's why I'm delighted this *Dream Dictionary* has earned itself a reissue. The images that appear in our dreams are informed by enduring archetypes and symbols, but also by what is current and relevant to our lives today. Being given the opportunity to update the Introduction and endmatter, and add some additional entries, close to fifteen years after this book was first written, ensures its relevance. I hope this updated version will remain a classic bedside dream companion for many years to come.

Night Visions

We've all woken up from dreams that have felt incredibly real, as if what we experienced actually happened, but then we wake up and can't make any sense of whatever it was that we felt and saw. We wonder what it all meant.

The majority of dream researchers today believe that dreams are not random and meaningless but rich in messages from our unconscious. They are inner communications that, if we know how to interpret them, can be powerful tools for personal growth. Sadly, many of us forget our dreams when we wake up, and this is a great loss. According to the Talmud: 'A dream which is not interpreted is like a letter which is not read.'

If you are to recall, understand, and work with your dreams, you first need to learn how to make sense of them. This *Dream Dictionary* is an illuminating guide to the most common symbols that are likely to appear in your dreamscape, a rich resource to help you unlock the wisdom of your night visions. Use it to find out what your dreams are trying to tell you. But

before you submerge yourself in the intoxicating world of your dreams, take a moment to find out how you can make the very best use of this book.

How to Use This Book

This *Dream Dictionary* is arranged in three parts: the Introduction, the A to Z Bedside Reader, and a closing section dedicated to the Most Common Dreams, or dreams you are almost certain to have at some point in your life.

The Introduction has been updated to take account of the latest research into the hows, whys and whats of sleep. It explores the complexities of dream interpretation and what you need to know about unlocking the meaning of your dreams. Although the dominant theme is that dreams have a symbolic and psychological interpretation, there's also information about precognitive dreaming here, and whether it is actually possible to see the future in your dreams. And if you struggle to remember your dreams, or simply want to have a more active dream life, you will gain a great deal from the advice offered in the dream recall section.

You are strongly advised to read the Introduction before using the A to Z Reader to look up relevant dream entries as the advice in the Introduction will inform and enrich what you discover in the Reader. Be sure to check out the Most Common Dreams section at the end of the book too – preferably before you start using the A to Z Reader. Knowing how to interpret these very common dreams will get you thinking along the right lines and help you interpret all your other dreams. There is also advice about the kinds of dreams you would be wise not to ignore.

The A to Z Bedside Reader is the main body of the book. It's been lightly updated to include a few new symbols, such as SOCIAL MEDIA, which we are more likely to dream about today than when the *Dream Dictionary* was originally written. Dream messages can be difficult to decipher until you have learned their secret language, and this section will give you keys to the wealth of creativity and insight stored in your dreaming mind. Understanding what your dreams are trying to tell you can help you transform and grow as a person. Your dreams reveal your deepest emotional and spiritual needs and allow you to experiment with an endless range of emotions, situations, and scenarios in a completely safe way. Only dreams can offer you such excitement, education, and enlightenment.

The entries in the A to Z Reader are arranged alphabetically for ease of

use, but be aware that some entries, like dog, for example, are placed in categories, in this instance PETS. You will also find cross-references in many entries to other entries that might be helpful. Common dream symbols are listed as well as classic dream themes, such as FLYING or FALLING, but there are, of course, limitations in the number of entries this book can offer you; dreams invite a world of infinite possibilities and there simply isn't a book vast enough to contain them all. If you do want a larger resource, thousands more entries can be found in my earlier dream title, *The Element Encylopedia of 20,000 Dreams*. You are also welcome to contact me about your dreams and how best to interpret them.

How to Contact the Author

You can message me via my reader email – angeltalk710@aol.com – or via my Facebook and Instagram Theresa Cheung author pages. You can also contact me via my website: www.theresacheung.com. Please do subscribe to my email if you visit my website. It's a way for me to share the latest dream research, reader stories, and interpretation advice.

Feel free to get in touch to discuss your dreams or if you have questions, unusual or supernormal stories, or insights you want to share with me and potentially with a wider audience. I endeavor to reply to everyone who reaches out to me. Please bear in mind that sometimes it can take a while for me to reply if things are super-busy, or if I need to take a little time out to do some dreaming of my own.

And now, without further ado, welcome to the wonderful world of your dreams!

*I*NTRODUCTION: PREPARE TO DREAM

Once upon a time, I dreamt I was a butterfly, fluttering hither and thither, to all intents and purposes a butterfly. I was conscious only of my happiness as a butterfly, unaware that I was myself. Soon I awakened, and there I was, veritably myself again. Now I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly dreaming I am a man.

– Chuang-Tzu

Every morning when you wake up and don't recall any of your dreams – or dismiss the fleeting and surreal images that do surface in your mind as random nonsense – you miss an incredible opportunity for self-development. Hopefully, this book will help make dream amnesia a thing of the past and encourage you to treasure every one of your dreams as something sacred.

Treating dreams as sacred comes naturally to the Malaysian Senoi, a tribe noted by researchers for being completely free of depression and crime. The Senoi are believed to be such a happy and peaceful tribe because they use their dreams as tools for personal growth. From an early age Senoi children are encouraged to pay less attention to what is visible – the material world – and more to what is unseen – the world of the dream. Recording and discussing their dreams and using the insight of their night visions to guide their choices in waking life takes precedence over everything else.

The Senoi may be pointing us all in the right direction here. Many of us simply don't pay enough attention to our dreams and miss out on a wealth of untapped wisdom. Research has shown that the more you recall and investigate your dreams, the better your creativity and problem-solving skills. Dreams may initially disorientate your logical mind because they typically don't make any sense, but if you know how to interpret them even the oddest

dreams can offer you priceless insights into your waking life. When analyzed effectively they are an incredibly rich source of guidance and healing, as well as the ideal catalysts for positive change and personal growth.

Why Do We Sleep?

Sleep is the balm for hurt minds, nature's great second course.

– William Shakespeare

To better understand the nocturnal adventures of your mind it helps to know a little about the place where they all happen – the world of sleep. It is during sleep that we abandon conscious control over our body and mind and the unconscious or dreaming mind is allowed to roam free, giving rise to dreams.

We know that sleep is essential for our well-being but, like dreams, sleep remains a tantalizing mystery. It may surprise you to know that, to date, sleep researchers have not yet discovered the exact reason for sleep. For centuries it was thought that we needed to sleep to rest the body and mind, but this was disproved in the 1920s with the first electronic monitoring of the brain.

The brain gives off electrical impulses, and by attaching electrodes to various parts of the head scientists measure brain waves in a process known as electroencephalography. What these brain-wave readings (or ECGs) show is that both the body and the mind are active during sleep. So, if sleep doesn't rest either your body or your mind, what is it for?

We don't yet know for sure, but sleep researchers have uncovered some very intriguing things. It seems that when we fall asleep our brains act a little like computers that are offline. This means they are not idle but filing and updating. They do a system check on your body and release hormones to repair damaged tissues, stimulate growth, and fight infections. Sleep is therefore vital for the smooth running of many functions of your body and your brain, including memory, problem solving, and attention. Lack of sleep can lead to dementia, high blood pressure, heart disease, cancer, premature aging, weight gain, and lowered immunity. In short, sleep is essential, and we spend up to a third of our lives doing it. But despite all this we still aren't entirely sure why we need it, and most doctors still don't pay enough attention to the obvious importance of sleep for our physical and mental health.

However, the advent of space travel – of all things – has taught us a little

more about sleep and why we need it. Scientists found that the prolonged periods of isolation and lack of external stimulation experienced by astronauts dramatically decreased their need for sleep. There is a sleep control center in our brains and when that gets overloaded with external stimuli we get tired. This explains why sometimes you nod off for no reason. Sleep is so crucial that your brain decides you have had quite enough stimulation and it's time for you to switch off and recharge. If, however, there has not been enough stimuli from the outside world the sleep mechanism isn't triggered, and you remain wide awake.

In other words, boredom, loneliness, routine, and the resulting lack of stimulation may account for episodes of insomnia. Although, paradoxically, it is worth noting that overstimulation has also been shown to trigger insomnia. Once again, whenever we edge closer to explaining the whats and whys of sleep, the plot thickens and the mystery remains.

The Stages of Sleep

Yet it is in our idleness, in our dreams, that the submerged truth sometimes comes to the top.

– Virginia Woolf

Perhaps the best way to learn more about sleep and why we need it is to understand what happens to our brains when we fall asleep.

Sleep researchers believe there are at least four stages of sleep, starting from when you begin to doze to when you lose conscious awareness and transform from a waking into a sleeping state. These stages are cyclic and repeat up to four or five times for every eight hours of sleep, each cycle lasting around 90 to 120 minutes. Here's a brief, and by necessity, simplistic description of what typically happens when you go to bed at night.

During the first stage of sleep, when you lie down and close your eyes your body and mind relax. Heart and breathing rates slow down, blood pressure lowers, temperature drops, eyelids grow heavy, and eyes roll from side to side. During this stage you are semi-conscious and can easily awake. When people are sitting or traveling and they start to doze off, they struggle to keep their heads upright. This is stage one. It's often called the *hypnagogic state* (the *hypnopompic state* is when you are just waking up) and it's when you are most likely to experience hallucinations that float before your eyes.

In stage two, breathing and heart rate slow even further, eyes continue to roll, and you become more and more unaware of external stimuli or the noises from the outside world. It isn't until the third and fourth stages of sleep, though, that you are finally sound asleep and it is harder to wake you up. You are now in a deep sleep state known as non-rapid eye movement (NREM) sleep.

In NREM sleep your brain is released from the demands of your conscious brain and it is rather difficult to wake you. This slow brain-wave sleep cycle typically lasts around 90 minutes. At the end of stage four you move back through stages three, two and one, at which point you enter a fifth stage of sleep called rapid eye movement or REM sleep. This is when things start to get really interesting and the dreams begin.

REM Sleep

One of the most adventurous things left us is to go to bed. For no one can lay a hand on our dreams.

– E. V. Lucas

REM sleep is defined by tiny twitches of facial muscles and slight movements of the hands. Blood pressure rises, breathing and heart rate become faster, the brain is fully active and eyes dart rapidly under closed eyelids as if you were looking at a moving object. If you are a man you may have an erection.

Although dreams can occur during NREM, researchers have discovered that it is REM sleep which is most associated with dreaming. When sleepers are awakened during REM sleep, they typically recall their dreams. Sometimes people feel temporarily paralyzed if woken during REM, as if something heavy and/or malevolent is pressing down on them. This phenomenon may explain supposed succubus, incubus, and alien abduction experiences.

The first stage of REM sleep lasts around 10 minutes and then you fall back into stages two, three and NREM sleep again, and keep moving backwards and forwards between the stages through the sleep cycle. As the cycle continues, however, the REM phase gets longer and longer, with the longest phase lasting up to 45 minutes. Of all the phases of REM and NREM sleep, the final REM phases are the ones from which you are most likely to

recall your dreams.

The emotional center of the brain is more active than the logical center when we are dreaming. But, intriguingly, scientists have found that dreaming about faces is linked to the areas of the brain involved in facial recognition when we are awake, suggesting that the dreaming and waking brain may not be as different as is often thought.

We Sleep to Dream

And one day there will come a great awakening when we shall realize that life itself was a great dream.

– Chuang-Tzu

Experiments have proved that sleep is essential for life. Rats typically live for two to three years; rats deprived of all stages of sleep live for about three weeks, and rats deprived of only REM sleep survive for about five. Other research has shown that both NREM and REM sleep are essential for preserving memory, but if people are repeatedly woken during periods of REM sleep – which means they are deprived of their dreamtime – they become anxious, irritable and stressed. This suggests that all stages of sleep are vital for physical and mental health, and REM sleep – when you are most likely to dream – is essential for your emotional and psychological well-being.

Therefore, although we still don't know why we sleep, it is entirely possible that one of the major reasons we sleep is to dream.

How Much Sleep Do We Need?

We spend up to a third of our lives sleeping, which means that if you reach the age of 100 you will have been asleep for around 33 years. The amount of sleep each person needs to feel healthy and think clearly depends on many factors, including age and activity levels. For example, babies need around 14–15 hours a day, while teenagers need around 9–10 hours. For most moderately active adults around 7–8 hours of sleep a night appears to be the average amount needed, although some people need as few as 5 hours and others need up to 10. Elderly people tend to need a little less sleep, around 6–7 hours a night, and women tend to need more sleep than men. Women also tend to be lighter sleepers and more likely to wake during the night than men.

So, What Are Dreams?

Life is a dream, realize it.

– Sathya Sai Baba

Dreams captivate us. But what are they? Where do they come from? Why do we have them? Do they mean anything? Are they simply a collection of memories and random associations, or insightful gifts from our intuition? Can they help us make decisions in our waking lives?

We have learned a great deal about dreaming – and, as mentioned previously, all the indications are that dreams are crucial for your mental and emotional health – but there is still so much we don't know: dreams remain as mysterious as ever. This elusiveness hasn't stopped people theorizing about why we have them.

There is a school of thought which believes that dreams are meaningless, or just random neuron activity responding to biochemical changes. Others believe dreams are simply your brain's way of decluttering or sorting out and consolidating memories and associations. However, most modern psychologists, scientists, and sleep researchers believe dreams are far more than that.

One prominent theory is that dreams reveal hidden insights, wishes, and truths about the dreamer. The world of the dream is a dramatization of the dreamer's personal or inner world. Another popular theory suggests dreams can help you process or come to terms with difficult emotions to achieve psychological or emotional balance. Dreams may also help you rehearse, practice, and prepare different responses to situations or scenarios, in other words, they allow you to role play in a safe way.

There is also the popular 'sleep on it' view that dreams are a source of creative inspiration and can help with problem solving. One less prominent theory, but which has its supporters, is that dreams are a form of consciousness that can unite past, present and future and offer us glimpses of potential futures.

One thing that unites all these different theories is the belief that, whatever dreams are, they are good for you. They help you live a better, happier, life.

A Brief History of Dream Interpretation

Now Allah has created the dream not only as a means of guidance and instruction, I refer to the dream, but he has made it a window on the world of the unseen.

– The Prophet Mohammed

The notion that dreaming is positive, and dream interpretation a powerful tool, dates back millennia. Ancient art and literature are rich in dream references. Back in the mists of time dreams were not so much regarded as tools for personal growth (as they are today) but believed to have supernatural or prophetic significance. For example, the ancient Greeks, Romans, and Egyptians all believed dreams had miraculous healing powers, and the Bible promotes the idea that dreams are divine messages.

Other cultures, such as the Australian Aborigines and many African and Native American tribes, have always believed that dreams are a way to enter an unseen spirit realm. To this day, dream interpretation plays a major part in these tribal societies. The Inuit of Canada believe that when a person dreams, their soul leaves their body and enters the spirit realm.

As far as dream interpretation is concerned the Egyptians are thought to be the pioneers, producing the earliest known dream dictionary, written over 4,000 years ago. Called the Chester Beatty Papyrus today, it came from Thebes in Egypt and is kept in the British Museum. It is the ancient Greeks, however, who first proposed the theory that dreams are not from some external or divine source but are internal communications, or the divine spark within. Plato (427–347 BC) suggested that dreams were representations of hidden wishes and desires, while his pupil Aristotle (384–322 BC) suggested that dreams shared collective or similar themes. It was the 'father of medicine' Hippocrates (460–377 BC) who presented the idea that dream symbols had a physiological interpretation – for example, fire denoted indigestion – and should be used as diagnostic tools.

Artemidorus (AD 138–180), a Roman living in Greek Asia Minor, is believed to be the first dream researcher to focus fully on dream symbols and themes. He wrote a book entitled *Oneirocritica* (*The Interpretation of Dreams*) that is still in print today. He postulated that dream symbols had certain meanings but that the most important aspect of dream interpretation was the personal significance of the dream symbol to the dreamer. (This author is in total agreement with Artemidorus about the personal significance of dreams and their meaning, and can only dream that this dictionary stays in

print as long as his remarkable manuscript!)

Throughout medieval Europe, even though the early Christians respected dreams for their spiritual significance, the repressive control of the Roman Catholic Church put a stop to any attempts at dream interpretation. By the end of the 15th century dreams were regarded as no longer significant, and a century or so later even Shakespeare called them ‘children of the idle brain’. The ‘dreams are meaningless’ school of thought persisted well into the 18th century.

During the early 19th century, when the restrictive influence of the Church began to wane and the members of the Romantic movement – in their quest for spontaneous expression – rediscovered the potential of dreams, a revival of interest in dream interpretation began. Popular dream dictionaries, such as Raphael’s *Royal Book of Dreams* (1830) trickled into the mainstream and set the stage for Freud and Jung, the two giants of dream interpretation whose theories continue to influence the way dreams are interpreted today.

The Revolution of Freud and Jung

Dreams are often most profound when they seem the most crazy.

– Sigmund Freud

Austrian psychoanalyst Sigmund Freud (1858–1939) opened the door to the scientific study of dreams with his book *The Interpretation of Dreams* (1900). At the time, when prudish attitudes were prevalent, he caused general outrage with his controversial theory that dreams are wish-fulfillment fantasies that have their origins in our infantile urges, and in particular our sexual desires.

Freud believed that the human mind is made up of the *id* (the primitive or unconscious mind), the *ego* (the conscious mind which regulates the id’s antisocial instincts with a self-defense mechanism), and the *superego* (which is the consciousness that in turn supervises and modifies the ego). According to Freud, the id is controlled by the pleasure principle (the urge to gratify its needs), and the instinct that the ego finds hardest to manage is the sexual drive first awakened in childhood. The id comes to prominence in dreams, when it expresses in symbolic language the urges repressed when we are awake. Symbols are used because if these drives were expressed literally, the ego would be shocked into waking up.

To interpret a dream successfully, the symbols need to be uncovered and their true meaning discovered. The way that Freud suggested doing this was a technique called ‘free association’, or spontaneously expressing the responses that immediately spring to mind when certain words relating to the dream are put forward. The aim is to limit interference from the ego to discover the dreamer’s unconscious instincts.

Swiss analytical psychologist Carl Gustav Jung (1875–1965), although an initial supporter of Freud’s ideas, could never fully agree with them. He felt there was far more to dreams than hidden sexual frustration, and put forward the theory of the ‘collective unconscious’: a storehouse of inherited patterns of experiences and instincts common to humans and expressed in dreams in universal symbols, which he called ‘archetypes’.

According to Jungian theory, the psyche is made up of the personal unconscious and the collective unconscious, and when a symbol appears in a dream it is important to decide whether it relates to us personally or is an archetype. The way Jung suggested we do this is by a technique called ‘direct association’, i.e. concentrating only on the dream symbol when you think about the qualities associated with it.

Jung speculated that the unconscious mind projected dream symbols in an attempt to bring the conscious and unconscious mind into a state of balance he called ‘individuation’. According to his theory, the only way the unconscious mind can express itself fully is in dreams, so it will flood our dreams with symbolic messages that reflect our current progress in waking life. These messages can bring comfort and guidance, or bring repressed urges to the fore, but their aim is the same – to encourage personal growth and self-development. However, before we can benefit from such intuitive wisdom, we first of all need to understand the language of symbols.

Other Important Dream Theorists

If you can dream and not make dreams your master …

– Rudyard Kipling

Austrian psychologist Alfred Adler (1870–1937) suggested that dreams are all about wish-fulfillment because they allow the dreamers to have skills and powers denied to them in waking life. According to Adler, ‘The purpose of dreams must be in the feelings they arouse.’

Gestalt psychologist Fritz Perls (1893–1970) believed that dreams project hidden aspects of our personalities and the best way to interpret them is to use a non-interpretative interviewing technique. In other words, you ask your dream character or object what they are trying to say. Then you try to adopt the dream's mindset and answer the questions.

Noted Australian dream expert Gayle Delaney suggests using an interviewing technique that addresses questions such as 'How did the dream make you feel?' or 'How can you connect your dream with your waking life?' Some dream theorists believe dreams deal with problems we can't solve in waking life and offer solutions. Looking at them in the light of waking day, and believing them to be full of insight, we may sometimes come up with new ideas or insights while studying and interpreting them.

Thanks to the work of Jung and Freud and other influential dream theorists, dream interpretation is now accessible to everyone. It's more popular today than it has ever been, with people from all walks of life using their dreams as unique and personal sources of guidance and inspiration, or as tools for change, growth, and personal development.

Dreams can offer us profound insights into what is preoccupying us and, although they are likely to forever remain mysterious, interpreting them can be healing and empowering, help us understand ourselves better and shape the decisions we make in our waking lives. As we've seen, there are different approaches to the interpretation of dreams and you'll find a fusion of all of these in this book.

Famous Dreamers

Through the centuries, the dreaming mind has been said to be the source of countless insights, revelations, and even history-changing guidance. Here are just a few well-known examples:

Julius Caesar attributed his decision to cross the Rubicon and march on Rome with his army to a dream, in which he saw himself lying in bed with his mother (his seers told him she represented Mother Rome). And his wife Calpurnia saw his assassination foretold in a dream.

St Francis of Assisi had a dream in which Jesus Christ spoke to him from the Cross, telling him to 'set my house in order', and so went on to found the Franciscan Order of friars.

Dante reported that the entire story of the *Divine Comedy* was revealed to

him in a dream he had on Good Friday in 1300. When he died in 1321, some of the original manuscript was lost. His son Jacopo recovered the manuscript thanks to a dream in which his father showed him exactly where to look.

Genghis Khan is reported to have received his battle plans in dreams. It is also said that a dream told him he was ‘a chosen one’.

Samuel Taylor Coleridge wrote his famous poem ‘Kubla Khan’ after waking from an opium-fueled dream.

Robert Louis Stevenson was convinced his best stories, including the main device in *Dr Jekyll and Mr Hyde*, came to him in dreams. Suffering as a child from nightmares, he reportedly learned to control his dreams so he would no longer have nightmares. He said his dreams inspired all his writings.

Days before he was assassinated, Abraham Lincoln dreamed of loud wails coming from the East Wing of the White House. When he investigated, he was told by soldiers on guard that they were weeping for the President, who had been assassinated. Days later Lincoln’s body was laid in state in the East Wing so people could pay their last respects.

Friedrich August Kekulé von Stradonitz was a chemist working on the chemical structure of benzene. His data made no sense to him because benzene (we now know) does not behave like a ‘long string’ molecule. While dozing in a comfortable seat, Kekulé saw in a dream the image of a snake biting its own tail. He woke up and immediately understood the mathematics of the benzene molecule – which has a ring rather than a long-string structure.

Italian violinist and composer Giuseppe Tartini composed one of his greatest works, ‘The Devil’s Trill’, after a dream he had in 1713. In the dream he handed his violin to the devil himself, who began

to play with consummate skill a sonata of such exquisite beauty as surpassed the boldest flights of my imagination. I felt enraptured, transported, enchanted; my breath was taken away, and I awoke. Seizing my violin I tried to retain the sounds I had heard. But it was in vain. The piece I then composed…was the best I ever wrote, but how far below the one I heard in my dream!

Elias Howe wrote that he understood the central notion of his invention of the sewing machine in a nightmare in which he was captured by cannibals. While

dancing around a fire and preparing to cook him, the cannibals waved their spears. Howe's dreaming mind noticed that the head of each spear bore a small hole through the shaft. The up-and-down movement of the spears and the hole in each spear remained with him when he woke. The idea of passing thread through a needle close to its tip, and not at its widest point, was a major innovation in making sewing by machine possible.

One night in 1816, Mary Shelley, her husband, and a group of friends were challenged to each write a ghost story. That night Mary dreamed of a creature that would later become the monster created by Victor Frankenstein in her yet-to-be-written novel.

Niels Bohr said that he developed the model of the atom after he had a dream that he was sitting on the sun with all the planets whizzing around him and hanging by the thinnest cords.

Paul McCartney heard a haunting melody in one of his dreams, confirmed that none of the Beatles had heard it before, and wrote it down. It became the tune for the song 'Yesterday'.

In 1964 golfer Jack Nicklaus told a reporter how his dreams helped him practice and significantly improve his golf swing.

Dream Types

To all, to each, a fair good night. And pleasing dreams and slumbers light.

– Sir Walter Scott

Understanding what type of dream you had can help you to interpret it. Just as there are different types of music – classical, rock, jazz – there are different kinds of dreams. Although dream types can blend and merge, modern dream researchers tend to break dreams down into one of the following categories:

Afterlife Dreams

Dreams about departed loved ones can feel incredibly real and bring tremendous comfort, healing, and reassurance to the dreamer, encouraging them to believe that perhaps in some unseen realm the departed loved one lives on. Psychologists believe such dreams are products of grief, but whether they are or not research has shown that people who dream of departed loved ones tend to deal better with their grief than people who do not.

Amplifying Dreams
These can exaggerate certain situations or life attitudes in order to point them out sharply for the dreamer. For example, someone who is very shy may dream that they have become invisible.

Anticipating Dreams
These are dreams that may alert us to possible outcomes in situations in our waking lives – for example, passing or failing an exam. We dream the most likely scenarios, or what our fears about these situations are.

Auditory Dreams
These are dreams where you recall sounds or hearing something, rather than visual symbols. Many artists and musicians have experienced these kinds of dreams and used what they heard as inspiration for their work. Sometimes the sound you hear may be the sound of a narrator telling you what is happening in the dream. When this occurs your dreaming mind wants you to concentrate on the narrative or story being told. (Be aware that sometimes external noises from your sleeping environment, like a phone ringing, can creep into your dream.)

Cathartic Dreams
Such dreams evoke extremely emotional reactions, when the unconscious is urging us to release pent-up emotions we may feel unable to express in waking life. For example, you may find yourself bursting into tears on a packed commuter train in your dreams, or you might punch your irritating neighbor or tell your boss exactly what you think of them.

Childhood Dreams
Dreaming about your childhood may reflect a childhood dynamic that hasn't been worked out yet and requires a resolution. It may also suggest a need for greater spontaneity in your waking life.

Contrary or Compensatory Dreams
In these types of dreams, the unconscious places the dreaming self in a totally different situation to the one we find ourselves in waking life. For example, if your day has been filled with unhappiness and stress due to the death of a loved one or the end of a relationship, you may dream of yourself spending a carefree, happy day by the seaside. Your unconscious may also give you

personality traits that you haven't expressed in waking life. For example, if you hate being the center of attention, you may dream about being a celebrity. Such dreams are thought to provide necessary balance, and may also be suggesting to you to incorporate in your waking life some of the characteristics that your dream highlighted.

Daily-processing Dreams

Also known as factual dreams, daily-processing dreams are dreams in which you go over and over things that happened during the day, especially those that were repetitive or forced you to concentrate for long periods – dreaming about a long trip or a tough work assignment, for example. These kinds of dreams don't tend to be laden with meaning, and most dream theorists think of them as bits and pieces of information your brain is processing.

Daydreaming

There is a big difference between daydreaming and dreams when you are sleeping, even though the physical state we enter when we daydream has much in common with the relaxed state we assume during sleep. However, when you are daydreaming, you are not actually asleep. When you are asleep, your defense mechanisms are down and you are psychologically more vulnerable. In other words, we shed the masks we wear in public. Therefore, what is expressed in dreams (as opposed to daydreams) is probably a better representation of who we are, not just our waking hopes and fears. Those feelings and thoughts we might be unwilling to acknowledge in waking life often surface boldly in dreams. Dreams we have when we are fully asleep also speak to us in the powerful language of symbols, whereas the language of daydreams tends to be more tangible, reflecting events that have a clearer reality to them.

Epic, Cosmic, or Life-changing Dreams

These kinds of dreams are extremely vivid and rich in archetypal symbolism. They are likely to be the dreams that you can't forget for many years after you have had them. When you wake up you feel that you have learned something profoundly important about yourself. See also 10 COMMON DREAMS YOU SHOULD NEVER IGNORE, here.

False Awakening

It is thought that many reported sightings of ghosts are caused by false

awakenings, which occur when you are actually asleep but are convinced in your dream state that you are awake. This is the kind of vivid dream in which you wake up convinced that what happened in your dream really occurred.

Incubated Dreams
This is when you set your conscious mind on experiencing a particular kind of dream. For example, you may 'incubate' a dream of a loved one by concentrating on visualizing your loved one's face before you sleep, or you may ask for a dream to answer your problems immediately before going to sleep. The theory is that your unconscious responds to the suggestion or request. See also Dream-maker, here.

Inspirational Dreams
Many great works of art, music, and literature have allegedly been inspired by dreams, when the unconscious brings a creative idea to the fore. For example, English poet and artist William Blake said that his work was inspired by the visions in his dreams.

Lucid Dreams
These occur when you become aware that you are dreaming while you are dreaming. It takes time and practice to stop yourself from waking up, but it is possible to learn how to become a lucid dreamer and control the course of your dreams. See also Dream Catcher, here.

Mutual Dreams
This is when two people dream the same dream. Such dreams can be spontaneous or incubated, for example when two people who are close decide on a dream location together and imagine themselves meeting up before going to sleep.

Nightmares
These are dreams that terrify us or cause us distress in some way by waking us up before the situation has resolved. Nightmares occur during REM sleep and typically arise when a person is feeling anxious or helpless in waking life. Once the dreamer has recognized what is triggering this kind of dream, and worked through any unresolved fears and anxieties, nightmares tend to cease.

Night Terrors
These are similar to nightmares, but because they occur in deep sleep (stage four of the sleep cycle) we rarely remember what terrified us, although we may be left with a lingering feeling of unexplained dread.

Out-of-body Experiences
Also known as astral travel or projection, out-of-body experiences are thought to occur at times of physical and emotional trauma. Researchers tend to dismiss the idea, but those who experience such dreams say that their mind, consciousness or spirit leaves their body and travels through time and space.

Past-life Dreams
If you dream of being in an historical setting, some believe this is evidence of past-life recall. Most dream theorists dismiss the existence of past-life or far-memory dreams, or genetic dreams (when you assume the identity of an ancestor) as evidence for past lives.

Physiological Dreams
These dreams reflect the state of your body, so, for example, if you have an upset stomach you may dream that you are being violently sick. These dreams may highlight the progress of serious physical conditions, or in some cases predict the onset of them. Alcohol consumption can also affect your dreams, increasing the likelihood of vivid but often disturbing dream images. (Sometimes these types of dreams are called ‘Healing Dreams’.)

Psychic Dreams
The great majority of dreams are symbolic and interpreted psychologically, but a tiny percentage of dreams may fall into an utterly unique category of psychic dreams or night visions. Psychic dreams include dreams of departed loved ones and dreams that are precognitive and offer glimpses of the future or warning signals. Other dreams which fall into this category are dreams that appear to be empathetic or even telepathic, in that the dreamer seems to be somehow sensing what is happening to someone else. Shared or mutual dreams – in which people describe dreaming the same dream – dreams of unborn children, and dreams where your spirit brings spiritual help or healing to others are other types of psychic dreams, or dreams that can bring healing and comfort but which experts struggle to explain rationally. Distinguishing

features of psychic dreams is that they often feel real and have no plot or storyline. They also are the kind of dreams that bring great comfort and reassurance and you are likely to remember them for days, weeks, months, or even years after you have had them. See also Can You See the Future in Your Dreams?, here.

Psychological Dreams

These are dreams that bring things we would rather not think about to our attention. They make us face an aspect of ourselves or our lives that might be hindering our progress. They are often about our fears, anxieties, resentment, guilt, and insecurities. For example, if you dream you are running round and round on a hamster wheel in a cage, unable to stop, this could suggest that in your waking life you are taking on too much and not giving yourself enough time to relax.

Recurring Dreams

Dreams that recur typically happen when the dreamer is worried about a situation that isn't resolving itself in waking life. When the trigger in waking life is dealt with, the dreams usually end. Recurring dreams can also occur when a person is suffering from some kind of phobia or trauma that has been repressed or not resolved. If this is the case, the unconscious is urging the dreamer to consciously acknowledge the issue and deal with it.

Sexual Dreams

In dreams, sex can reflect a desire for companionship or sexual frustration in waking life. But it is more likely to represent a hoped-for reunion with a part of ourselves that we are not yet expressing but need to integrate or acknowledge within ourselves to become whole.

Signal or Problem-solving Dreams

These occur when you have gone to bed mulling over a problem and found the answer in your dreams. This could be because your unconscious has already solved the problem and 'sleeping on it' gives your unconscious a chance to express itself. Many famous inventions were allegedly prompted by a dream. For example, Scottish engineer and inventor of the steam engine James Watt (1736–1819) dreamed of molten metal falling from the sky in the shape of balls. This dream gave him the idea for drop cooling and ball-bearings. The model of the atom, the M9 analog computer, the isolation of

insulin in the treatment of diabetes and the sewing machine were all ideas that sprung from dream inspiration.

Telepathic Dreams
This is the kind of dream when someone you know appears in your dream in acute distress, and you later learn that that person was experiencing a real-life crisis at the time – such as extreme unhappiness, an accident or even death. It is thought that telepathic and empathetic dreams are a meeting of minds between two people who are close to each other emotionally.

Vigilant Dreams
These are processing dreams that involve your senses. For example, if your cell phone rings or a picture falls to the floor while you are asleep, the sound may be incorporated into your dream but appears as something else, such as a police siren or a broken window. The smell of flowers in your room may also become a garden scene in your dreams.

Wish-fulfillment Dreams
These are the kind of dreams in which we quite literally 'live the dream': we might win the lottery, date a celebrity, ooze charisma, or simply go on a long vacation. In these kinds of dreams our unconscious is trying to compensate for disappointment or dissatisfaction with our current circumstances in waking life.

Walking and Talking in Your Sleep

Sleepwalking or moving about while asleep is an attempt to put a dream into action. Most likely you have grown out of the habit – if you ever had it – but if an occasion arises which is very stressful, you may, like Lady Macbeth, re-enact the nightmare in this way. Talking in your sleep springs from similar causes to sleepwalking. It is an attempt to carry a dream on verbally. You are more likely to walk, talk, or move in your sleep when you are under mental pressure. Most of the time this is totally harmless, but some sleepwalkers and talkers can put themselves in real danger. Precautions should therefore be taken. Make sure windows are closed and, if stairs are a hazard, doors locked. If you're really worried about your sleepwalking, seek advice from your doctor. If someone you live with sleepwalks, don't try to wake them – just guide them quietly and gently back to bed.

Can You See the Future in Your Dreams?

For I dipt into the future, far as human eye could see, saw the vision of the world and all the wonder that could be.

– Tennyson

Déjà vu dreams involve dreams of a person, place or thing and then, the following day or a few days afterwards, you encounter whatever featured in your dreams. Precognitive dreams are similar in that they offer glimpses of the future, but they differ in that they predict real-life events the dreamer is typically not familiar with or can have absolutely no conscious awareness of. Déjà vu dreams, in contrast, could be explained as simply being highly likely scenarios because the people, things, and situations you later encounter in your waking life are ones that you are personally familiar with.

Precognitive dreams are rare but there have been many instances when people claim to have dreamed of events they couldn't possibly have guessed or known about before they happened. For example, many people reported dreaming about 9/11 before it occurred. Other people tell of canceling trains or flights because of a foreboding dream, only to later hear that the train or plane has crashed. There are even reports of people who dreamed the winning numbers of the lottery.

Research suggests that up to 30 percent of people have had precognitive-type dreams. Most dream researchers dismiss precognitive dreams as coincidences, but in recent years a select group of scientists have warmed to the theory that dreams might actually be able to offer us a view of our future or a potential future. Their theory is inspired by the scientifically proven phenomenon of 'presentiment': bodily signals, such as a raised heart rate and increased sweating, that something is about to happen before it actually happens. If this intuitive physical sensing of the future can happen to us when we are awake, then it may also happen to us in our dreams while we are sleeping.

Science has a long way to go to prove that it might be possible to see the future in your dreams but the fact the theory is being researched and taken seriously is wildly exciting. We know even less about time – what it is and how it works – than we do about dreams. Both time and dreams remain elusive but enduring mysteries, united by the theme of eternal possibility.

How to Interpret Your Dreams

If the dream is a translation of waking life, waking life is also a translation of the dream.

– René Magritte

If you have ever wondered why dreams often appear so difficult to understand or make sense of, it is because the information they contain is relayed to you in a different language: the language of symbols. If you want to understand your dreams you need to learn their symbolic language.

People alive or dead, known and unknown; animals both domestic and wild; landscapes and buildings familiar and strange; and any number of symbolic objects such as shapes, colors, signs, numbers, jewelry, food, clothing, and so on, are just some of the countless number of images that can populate your dreams. These images are not to be interpreted literally but personally. They are your own thoughts, feelings and ideas translated into a series of images that are like ordinary scenes in your daily life. For example, if you feel overwhelmed, you may have a dream you are swimming but finding it hard to keep your head above water. If you feel stressed, you may have a dream where you are being chased by an unknown threat. The number of images that your mind can translate into dream symbols for you to interpret is practically endless.

Words just can't convey the countless powerful thoughts and feelings that symbols do. These symbols are often chosen from something that has caught your attention in waking life, triggering a memory, conflict, or concern that resonates both in the present and in the past.

Remember, in the majority of cases everything you see, do, feel and sense in your dream is about *you*. *Everything* in your dream says something about *you*. It really is the world of your dreams. If you have seen the movie *Inception* you may recall the scene when everyone turns to stare at the dreamer. That's exactly how dreams work. The people in your dreams are all aspects of you, the things in your dream all say something about you, as does the storyline or plot. Waking up to the reality that you are dreaming about yourself is illuminating and gives you a head start as far as dream interpretation is concerned.

Now that you understand that you are the world of your dream, the next step is to interpret the symbols your dreaming mind is sending you. One tried-and-tested way to uncover the meaning of your dream images is by

association. You simply express the first thing that pops into your head when a trigger image from your dream is given. If you don't immediately get an associative thought, try working through all your feelings about that image. For example, say you saw a bird in a dream. Do you like birds or do they make you nervous? Try to discover what the image means to you right now, for the meanings of your symbols will change over time.

The more you think about and try to interpret your dreams, the more you will begin to understand the significance of your personal images. You'll probably find that you dream the most about the things that you are familiar with: your family, your colleagues, your friends, your pets. Each time you dream about these familiar things they will have personal significance for you alone. What aspects of your personality do these symbols represent to you?

Remember, most dreams are not to be taken literally and you need to do a bit of detective work to get to the real message. Just because you dream that a friend is dying does not mean that they will die, but rather that some aspect of your relationship with him or her or some aspect of your life is ending. Death in dreams suggests endings of some kind but also new beginnings. In fact, interpreting dreams literally can be harmful. As pointed out earlier, you have your own set of unique dream images and symbols. If you love cats, what a cat means to you and what a cat means to someone who can't stand them will be very different. Always bear in mind that your dream symbols and images and their interpretation are unique to you.

If you struggle to understand your dream symbols turn your attention to the *emotions* of your dreams. How did your dream make you feel? Was it joy or sadness or love or fear? Then, when you have identified the emotion, observe it – but don't identify yourself with it. You are not your emotions. Your emotions teach you something and you always have choice or free will over what you want to do with your life.

As well as noticing the emotions, start asking questions of your dream. Who are you in the dream? Is there a dream theme? Why did certain people or events or other symbols appear in your dream? Don't try to get answers in every case. See what associations come up because sometimes just asking the question and paying attention to what surfaces in your awareness following a dream is enough. Bear in mind that everything in your dream is there for a reason: to tell you something about you. If someone you know appears in your dream, what aspect of them is reflected or needed or not being acknowledged within you?

Although the images and symbols in your dreams do need to be interpreted, their purpose isn't to mystify you. They are simply trying to convey a message. If you do find yourself getting tense, confused, or frustrated when trying to interpret a dream, let it go. Dream interpretation is best approached with an open mind and in a relaxed, optimistic state.

You don't need to interpret every single dream you have. In the same way that some movies are more compelling and thought-provoking than others, some dreams – such as those when you do fantastic things like flying into space or lying on a sandy beach – are simply to be enjoyed. You don't always have to dig deep for meaning. It's good to be aware that a dream might contain a message of importance, but don't get obsessed with finding meanings for every single detail – just interpret what you can.

Dreams, like life, are full of big and little stuff. Don't sweat the 'small stuff'.

Capturing Your Dreams: How to Recall

Dreams are illustrations…from the book your soul is writing about you.
– Marsha Norman

By far the biggest stumbling block to tapping into the inspiration and insight your dreams offer you is not remembering them.

If you don't think you dream, think again. Everyone dreams. You simply aren't recalling them. We all dream several dreams a night. Experts believe we each have 100,000 dreams over the course of our lives. So, you might be wondering why you can't remember a single one.

The dreams you have when you are close to waking up are the ones you are most likely to remember, but with a little effort you can boost your dream recall. Remember, research has shown that dream recall is good for you emotionally and will improve your creativity. The following dream recall trips are extremely effective and will have you remembering your dreams in no time if you keep practicing them every day and night. In fact, the more attention you pay to your dreams by thinking about them, writing them down, working with them and reading and re-reading this book, the more likely you are to remember them. Like everything in life, where your attention goes is where things tend to manifest. Your dreaming mind responds the more attention you pay to your dreams.

- Wake up earlier: Set your alarm clock 10 minutes earlier as this may interrupt a stage of REM sleep where dreams are more likely to happen.
- Set the intention to dream: Before you go to bed set your intention to dream. Tell yourself several times when you close your eyes to sleep that you will remember your dreams when you wake up. Think about how much you would love to remember your dreams and how much fun it is to do so. You may also want to write down 'I will remember my dreams when I wake up and I'm looking forward to it' on a piece of paper before you go to sleep. Place that piece of paper next to your bed.
- Visualize: One way to make sure you remember your dreams is to talk to yourself in a positive way. You may also want to try this simple visualization technique:
- *When you feel sleepy, turn off the lights and settle down in your favorite sleeping position. In a relaxed way, think about your dreams. Breathe in for a count of five, and out for a count of ten. Repeat this, and then breathe normally. Now imagine you have just woken in the morning and, as you slowly move back into consciousness, you reach for your pen and write down your dream. Bring your attention to the present again, and feel comfortable, warm, and sleepy. Tell yourself out loud so you can hear yourself speaking that in the morning you will remember your dreams.*
- Keep still: When you wake up in the morning (or in the night) remain in the position you woke up in, preferably with your eyes closed, as this will help you recall the dream. Any kind of movement will distract your mind. Keep as still as you can and try to remember your dreams. If you can't recall anything let your mind wander for a while as the chances are dream images will form. Remember, on waking your awareness hasn't shifted fully from dreams to daily awareness so use this twilight time to re-enter your dreams.
- Write your dream down immediately on waking: As soon as dream images appear write them down or speak them into a voice recorder. Don't be tempted to get up, brush your teeth, or get dressed and start your day first as this will distract your brain and your dreams will vanish from your memory.
- Keep writing: If you can't remember anything, write down: 'I can't remember anything now but I might later and I will write it down then.' This sets the intention that you are ready to start remembering your dreams and if dream images appear in your day (and sometimes they do) you will record them.
- Self-care: Be aware that medication, alcohol, too little sleep, anxiety, and stress overload can all block dream recall. If you are consistently not remembering your dreams, practicing relaxation, stress reduction, and self-care in your daily life will boost your chances of better dream quality and recall.
- Diet: Studies have shown that supplementing your diet with vitamin B6, or ensuring you eat a diet sufficient in B6, will improve dream recall. Sources of B6 include eggs, sunflower seeds, tuna, dried fruit, and turkey.
- Unplug: Avoid screen time for at least an hour before you go to bed.
- New Age: An herbal cushion of mugwort mixed with sage and lavender and placed under your pillow or an azurite crystal beside your bed are alternative suggestions for better dream recall you may want to experiment with. Calea Z herbal tea is also believed to boost dream recall, but (as with any herbal remedies) consult your doctor first to ensure it is safe to take.
- Live your dreams: Studies have shown that the more attention you pay to dreams and dreaming when you are awake, the better your dream recall. Your dreaming mind loves it when you incorporate elements of your dreams into your waking life. For example, if you were wearing red in your dream wear red during the day, or if someone you know was in your dream make a point of reaching out to them. When you do this your dreaming self will know you are taking it seriously and will reward you – as everyone likes to be taken seriously.

Capturing Your Dreams: How to Record

Keeping a notepad and pen beside your bed and recording your dreams immediately on waking is one of the best ways to help your dream-recall. Although some people prefer a voice recorder – and you may find talking through your dream easier to do – if you record your dreams in writing you give them greater authority. You also create permanent visual reminders that can help trigger creative associations.

Some dreams are so vivid you can't forget them but many are so fleeting they can vanish without a trace, so it is crucial you capture them as soon as you can. Immediately on waking, write down your dream or dreams – even if this is in the middle of the night; don't brush your teeth first or leave it until your alarm clock goes off. If you do that, you'll probably forget all about it and will lose a valuable dream.

When you write down your dreams abandon any attempt to be logical: dreams don't speak to you logically. Dreams are not linear or rational. They speak to you in a timeless language of emotions and personal symbols. As you write them down be sure to write everything in the *present* tense as this helps you step back into the dream as if it were happening again.

If you just don't think you have time to write down your dreams in the morning because mornings are always so rushed, set your alarm five or ten minutes early and remind yourself of the wealth of creative insight and guidance you might be missing out on. To save time just jot down some key words and feelings from your dreams.

Later in the day, you can transfer the information to a dream diary – one specifically set aside for your dreams. In this diary note down the date of your dream, any people involved, the moods and feelings expressed, prominent colors, numbers, or shapes, the problems and conflicts encountered, prominent symbols or stories, information about the dream landscape, whether it was past, present, or future, and, finally, how the dream ended or the story of the dream. Refer to the Dream Types given previously to see if you can identify which type of dream you had.

With practice you will soon get the hang of remembering and writing down your dreams. Writing down your dreams will also help you see them from an outsider's perspective and make it easier for you to connect dream symbols to your waking life. Read what you have written and see if you can figure out what your dreams are trying to tell you. Remember, it is the

personal association your dream symbols trigger that matters the most. Your dream mind wants to bring to your awareness whatever is unconsciously holding you back, so constantly remind yourself of the importance of what you are doing.

If something surfaces that makes you feel uncomfortable you always have the choice to make changes in your waking life. Just because you dream about something terrible does not mean it is going to happen. Your dreaming mind is simply using alarming imagery to alert your attention to aspects of yourself or your daily life which are blocking your chances of happiness. The more you deal with uncomfortable emotions in your daily life the less alarming your dreams are likely to be. In short, frightening dreams only tend to occur when you have issues and problems in your waking life that are triggering them.

Writing down your dreams creates a fascinating record of your dream life for you to look back on in the future to see if there were any connections you didn't see at the time. Identifying these connections in hindsight can make it more likely you will now notice them in the present.

Finally, be sure to use the entries in the A–Z Reader section of this book to help you unlock the meaning of your dream themes and symbols. But never forget that the best book you will ever read about dreams is the one you write yourself – your dream journal.

Dream-maker

The dream was always running ahead of me. To catch up, to live for a moment in unison with it, that was the miracle.

– Anaïs Nin

Some dream experts believe it is possible to take charge of your dreams and turn them into creative and helpful experiences that can help solve problems in your waking life. To do this you have to get your waking mind to work more fully with your dreaming mind; you need to think about what problem or issue you want your dream to resolve. This is a process called dream incubation. You are becoming your own Oracle!

Step-by-step Guide to Dream Incubation

1. Decide what you want to dream about, what you want your dream to

resolve or help you with, and what question you want answered.

2. Write down your question or desired dream on a piece of paper as if you were going to send it to a friend – because that's what your dream self is. Be as specific as you can, but don't ask about silly or trivial matters, such as 'Should I send someone a Facebook friend invite?'

3. Read this over and over again during the day and keep it in your mind, during the day and again as you get ready for bed.

4. Once in bed, read over the question again and ask your dreaming self to bring you the answer during sleep. Put the paper under your pillow or right beside your bed so you can reach it easily.

5. Tell yourself before you go to sleep that you will have the dream you want and trust yourself to dream the dream that you ask for.

6. Tell yourself you will remember your dream. Be prepared to write down the dream when you wake up and be open to whatever comes to you.

7. Leave your dream intention to incubate. What you are doing here is programming your dreaming mind or self – giving it a particular task to focus on.

8. Stop thinking about your intention to dream. Let it go. Relax and calm your mind before you sleep and don't stress about whether or not you are going to have a dream. You may not always want to ask your dreaming self a question; you may simply want a happy, harmonious dream. If this is the case, think of a place or person you'd like to dream about – perhaps a vacation or loved one – write down a simple description and ask your dreaming self in the same way to give you a happy, inspiring dream.

9. Be willing to keep trying and to experiment as long as it takes.

See what insights your dreams bring you, and if you find dream incubation productive and feel confident enough in the wisdom of your dreams, you may want to use your dreams to help others. Let someone you know and trust give you a question they want an answer to. Then dream on it for them. Tell them what symbols your dreaming mind came up with for them to see if it offers them any helpful insights.

Dream-catcher

What if you slept, and what if in your sleep you dreamed, and what if in your dream you went to heaven and there plucked a strange and beautiful flower, and what if when you awoke you had that flower in your hand? Ah, what then?

– Samuel Taylor Coleridge

Asking your dreaming mind to send you answers to questions you may have can offer you intriguing insights. It may also encourage you to take your fascination with your dreams to even greater heights with a technique known as lucid dreaming.

Lucid dreaming is the ability to know you are dreaming when you are actually dreaming. Once you are aware that you are dreaming you can then take control of your dream and what happens in it. For example, you can decide to fly or visit any place you want in your dream. It's an incredible high! You can quite literally move mountains and change the world to suit you. Anything is possible.

Knowing you are dreaming is one of the most spectacular and surreal experiences. It is also empowering. You see, if you can choose what happens in your dreams this can give you the confidence to begin to explore hidden potential in your waking life.

Most people have at least one lucid dream during the course of their lives, but lucid dreaming on a regular basis is rare. Everyone can learn lucid dreaming, but it takes a lot of focus, time and practice. There are certain techniques you can learn. Keeping a dream journal is one of them, as is performing regular 'Am I dreaming?' reality checks during the day to confirm whether you are dreaming or awake. But how to increase the likelihood of lucid dreaming is the subject of a book in itself. (If you have questions about lucid dreaming, please get in contact with me: see here.)

Eyes Wide Shut

Dreams are not meant to put us to sleep but to awaken us.

– Camille Goemans

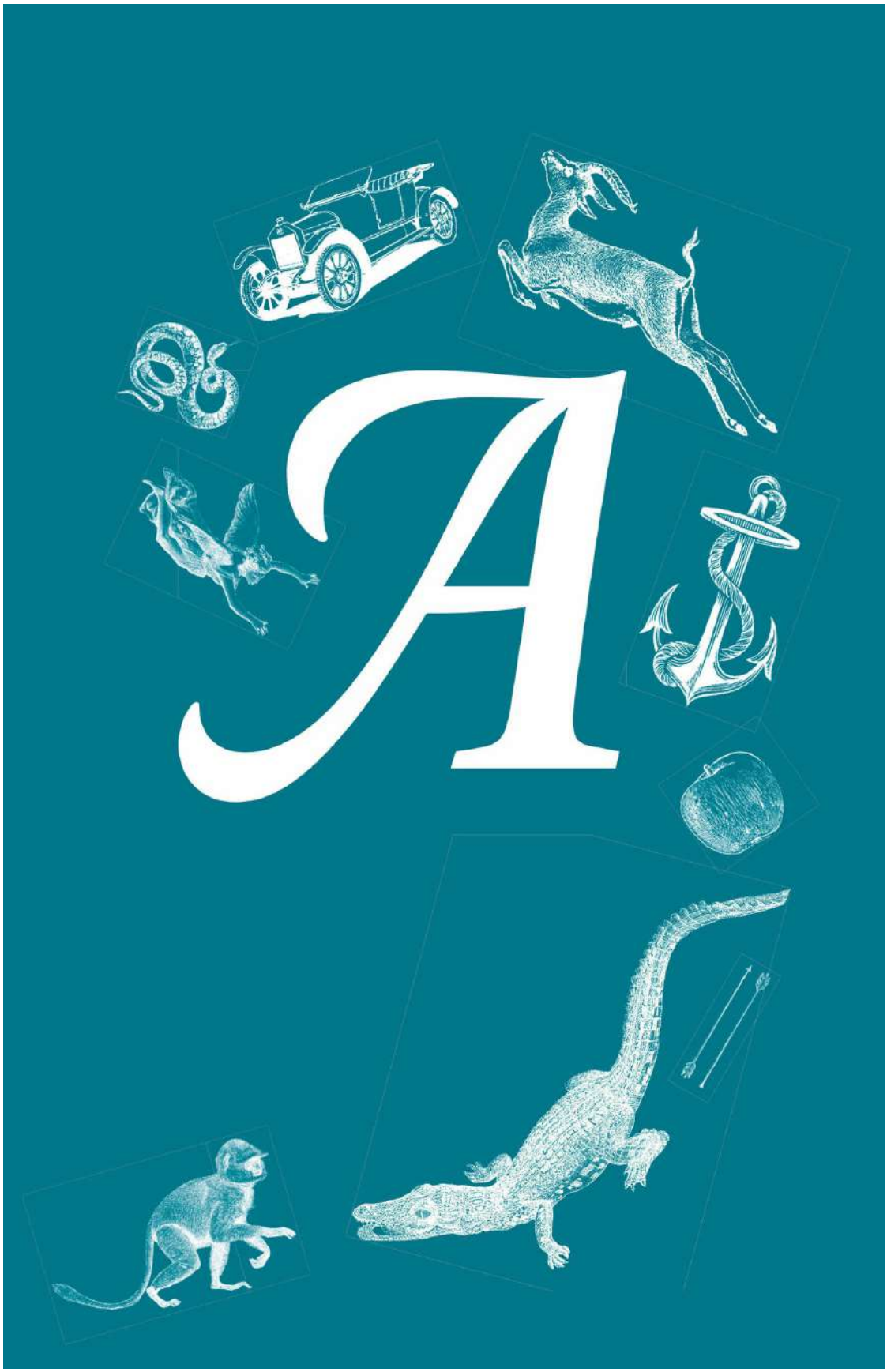
Whether you decide to practice dream incubation or not, remember that any dream you have has the potential to take you into a world of mystery and

wonder that can keep you spellbound for days trying to understand it. The dream interpretations that follow will help you unravel some of the mystery – but never forget that you are the dreamer and you do the dreaming, and that, in understanding your dreams, you can reach a better understanding of yourself.

Use the explanations offered in the pages that follow for the interpretation of your dream symbols and combine them with your own circumstances to work out an understanding of the likely significance of your dreams. In this way, your innermost feelings, hopes, and fears can be highlighted, hopefully resolving issues in your waking life and enriching it by revealing your hidden strengths and creativity.

Dreams offer you an incredible opportunity to connect to your inner world to illuminate your waking life. They help reveal who you really are, and understanding their true meaning is the beginning of understanding yourself. In the words of Aristotle, ‘knowing yourself is the beginning of all wisdom’. So, take the time to enjoy the excitement, mystery, wonder, creativity, and pure magic each and every dream brings. Keep your eyes wide open by day and wide shut by night. Dare yourself to discover and believe in yourself and the beauty of your dreams – wherever they may lead you…

A–Z BEDSIDE READER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ABANDONED PLACES According to Jung, places in dreams where people work or live together, such as villages, towns, and cities, symbolize how you perceive yourself within your community, how well you are fitting in. So if places are abandoned in your dream, like a ghost town or a deserted village, this could mirror feelings of isolation or rejection in your waking life.
See also **PLACES.**

ABANDONMENT Dream images connected to feelings of abandonment, fear, and loss of control all have some form of conflict as their theme. For example, dreams about missing a bus, train, or plane all point to some kind of tension in the dreamer about failing to achieve a goal. Dreams about being abandoned or left alone by a group of loved ones suggest feelings of anxiety about being left out, or being different from the crowd. Anxiously searching for the right road or path could point to fears about losing your identity. If you are happily wandering alone in your dream, this may suggest a feeling that the source of your problems lies outside yourself. Dreams about anchors and lifeboats also tell of the fight for survival in daily life. If you dream of being lost in dense vegetation, towering trees, or tall reeds, you may feel that your progress is being thwarted by obstacles. As in the tale of *Hansel and Gretel*, this dream may evoke longing for the comfort and warmth of home.
See also **CHILD** (abandoned by parents dream) and **SEPARATION.**

ABDOMEN
See **BODY**.

ABDUCTION
See **KIDNAP**.

ABORIGINAL In dreams, an aboriginal is a symbol of that within you which is unsophisticated and natural. It is the basic, life-affirming energy or intuition within you which may have been repressed by experience; you need to get in touch with this simplicity again to understand yourself or a situation in your waking life better. In short, this dream is urging you to reconnect with your intuition and work with it in your daily life.

ABORTION Dreams about abortion, miscarriages, and stillbirth are likely to leave you feeling traumatized on waking, whether you are pregnant or not. And if you are expecting a baby, such a dream is likely to be a nightmare. If this is the case, your dream was simply playing out your natural feelings of anxiety. However, most dreams about abortion, miscarriage, and stillbirth aren't to be interpreted literally, as they refer to a concept you may have been mulling over, or an idea that is not realizing its potential or is not supported by your confidence or desire. There may be a need to reject a feeling, emotion, belief, or concept that could be problematic in waking life. Decisions need to be taken which will help you get rid of what is no longer wanted in waking life.

How did you feel about the abortion in your dream? If you were distressed, perhaps someone or something is trying to prevent you from succeeding. If you were relieved, your unconscious may be urging you to change direction or change your mind. Perhaps the concept is too demanding or the idea is flawed in some way. On the other hand, the dream may also have referred to something or someone about which you feel guilty. Dreams that focus on miscarriage may have the same interpretation but they may also refer to a miscarriage of justice, especially if you felt anger in your dream. Is someone in your waking life taking the credit you deserve? Stillbirth dreams are in some ways more devastating and sad than dreams about miscarriage, as the baby has been brought to full term with the only element missing being the spark of life. In dreams, a still born baby may represent a talent you have allowed to die, or a relationship that has died due to neglect.

ABOVE

See **POSITION**.

ABROAD If you are going abroad or are abroad in your dream, your

unconscious is thinking about your own personal freedom or your ability to move freely around your inner and outer worlds. Your dream is giving you an understanding of your feelings toward the widening of your horizons or the making of changes in your life. Pay attention to how you feel in the dream, as this will help you interpret it. The dream could also be about a need to escape from, or leave, a situation, as suggested by the phrase for having a vacation abroad – 'getting away from it all'. If someone or something arrives from abroad, this represents a change or something new happening in your life. Someone of the opposite sex arriving from abroad indicates hopes for a new relationship or the need for new life to be injected into a current relationship. The dream may also be slang – 'a broad' – expressing desire for a particular female.

ABYSS If the deep, precipitous sides of a chasm or large hole threaten to engulf and swallow you up in a dream, or if an abyss suddenly opens up in front of you, transforming a previously pleasant scene into a terrifying one, could your unconscious have been warning you that your position in waking life is not as stable as you might think and that you could be facing unexpected mishaps or pitfalls? Chasms and holes in dreams always suggest an element of the unknown or something in some way risky, and they urge the dreamer to make a decision one way or another in waking life. Perhaps you dreamed of teetering on the brink of a ravine, petrified that you would lose your footing? Such a dream may be warning you that you are in danger of falling into an emotional black hole, out of which you feel powerless to emerge. Also, because the earth is a symbol of the archetypal mother, devouring chasms may represent a devouring maternal figure in your life, intent on dominating you or dragging you under.

ACCIDENTS The traditional interpretation of dreams involving accidents is that we are receiving some kind of warning to be on our guard against possible danger or hidden aggression, either our own or others'. From a psychologist's point of view, such dreams may highlight anxieties to do with safety or fear of taking responsibility. Spiritual interpretations of such dreams suggest the need for some kind of intervention from an authoritative source.

According to Freud, accidents in dreams, like slips of the tongue in waking life, are not accidents but dream events with a meaning that can help

us to unravel the often incomprehensible maneuvers of our unconscious mind. For Jung, accident dreams, as well as offering insights into our unconscious thought processes, can provide a reaction to a traumatic experience or the fear of it. For example, if you were in a car accident or are anxious about having one, you may dream of being involved in one. People who suffered great trauma, such as rape victims or war veterans, may have nightmares that are exactly like, or very similar to, actual life events.

The most commonly accepted theory is that accident dreams show how your unconscious has noticed things that you may not have noticed in waking life. They are both a reminder and a possible warning. You may, for example, dream of a teenager being hit by a car on a busy street outside a gas station, only to read a few weeks later that a teenager has been seriously injured in just this way. The most likely explanation is that you have unconsciously noticed how dangerous the street was, having read somewhere about the growing number of teenagers killed due to drivers' use of cell phones and, without realizing it, you have observed that an accident was highly likely. These kinds of subtle clues and subliminal suggestions are around us every day.

Accident to the Dreamer

If you dream that you have an accident yourself, you should take note of the details, especially if it was caused by something you use every day, such as a bicycle, a car, or a lawn mower, and check that it is in good working order before you use it again. On the other hand, an accident dream could also be warning you of potential danger or loss of control if you continue a particular course of action. For example, you may dream that you are hit by a car as you run across the street to talk to a married colleague you've been thinking of having an affair with. An obvious interpretation of this dream is that the accident signifies pent-up guilt for something you have thought, said, or done, and that you are subconsciously punishing yourself over it. You could also be harboring deep anxiety over being found out. Dreams of car accidents might be urging you to slow down before you hit disaster, or telling you that you are 'driving' yourself too hard. You need to rethink, or re-plan, your course of action and set yourself on a better path. Your accident dream may also represent your straightforward fears of being involved in an actual, physical accident. You may just be nervous about getting behind the wheel, or going on a train, boat, or plane trip.

Whatever happened in your dream, notice how you emerge. Did you manage to rescue something or someone? If you did, this could suggest someone who needs your help or protection. It could also suggest an aspect of yourself that is worth saving. Were you hurt, or did you come out of it unscathed? If you weren't injured, this could suggest that you have the strength to overcome what fate throws at you, but if you were wounded, you need to take better care of yourself and 'toughen up'.

Accident in the Home

Dreaming of accidents in the home means tension may be building up in your home life, although it occasionally means you have unconsciously noticed something that might cause a domestic accident. Therefore check whatever it is that caused the accident: if you dream of falling down stairs, is the stair carpet loose? A dream that focuses on your home may also be saying something about your personality and approach to life. It may be that in order to progress with your life you need to make changes, and these changes may involve destroying what you have built up for some time.

Accidents from Above

To see something hanging above you about to fall implies possible danger. If it falls and misses you, perhaps you have had a narrow escape from some misfortune, or your unconscious is warning you to be alert to potential danger.

Accident to Loved Ones

To dream that a loved one dies in an accident indicates that something in your own self is no longer functional, and is 'dead'. It is also symbolic of your own relationship with that person. Perhaps you need to let go of this relationship, or let go of a particular phase in that relationship and move toward the next. For example, the first throes of passion may have ebbed away, but you can replace them with love, stability, and commitment.

Accident at Sea

To dream of an accident at sea suggests potential problems with those who are close to you, or some kind of disappointment in love. If water overwhelms you, you are likely to feel overwhelmed by emotions. If this is the case, you need to assess how best to manage your feelings and put them into context. If you are trying to save other people in a shipwreck, you need

to think about what these people represent to you. For instance, if you are trying to save a baby, perhaps that represents an element in your waking life, such as unconditional love, or wonder and excitement, which you need to develop in your waking life to help you cope with your emotional response.

Accident to Someone Else
This could be hidden aggression toward that particular person or an aspect of yourself that person represents that you recognize in yourself. It could also suggest anxiety about the welfare of the person in your dream.
See also **CAR CRASH, TRAIN CRASH, PLANE CRASH.**

ACHE Dream abscesses may indicate a site of physical illness that is not yet obvious when awake, but it is more likely that they represent swollen and painful emotions that are repressed and may be causing psychological infection. Aches in dreams indicate places where there may be blocked energy relevant to that part of the body. For example, we tend to refer to nagging problems in waking life as headaches and, since the head represents an authority figure, a dream headache may suggest an unresolved issue with an authority figure in your life. Throat aches may suggest an inability to express yourself verbally, while dreams of injury or strangulation to the throat almost always relate to current pressures in your life. Such dreams do not always urge you to speak your mind but they do remind you to be aware of those dynamics around you that are affecting you, as well as urging you to be honest with yourself about how you feel about what is going on. Chest aches indicate withheld emotions, and backaches blocked anger.

The sensation of pain in a dream may be a warning against taking unnecessary risks or an attempt by your dreaming mind to urge you to take a more positive approach to life. Dreams in which you are fatigued or racked with aches and pains may signify that in waking life you are worrying needlessly over problems that really aren't that important. Take a more relaxed approach. Sometimes, however, your dreaming mind will inflict a pain dream almost as an act of revenge over some supposed fault or misbehavior in waking life. For example, if you are on a diet and have slipped recently, your unconscious may punish you in dreams that have the sensation of pain. Perhaps one of the most horrifying pain scenarios in a dream is to be impaled. Whether this is caused by a slip from a high spot onto railings or a vampire stake through the heart, such a dream refers to the pain

of unwanted intrusion or enemies in real life.

ACID

See **NEGATIVE SYMBOLS**.

ACORN

See **POSITIVE SYMBOLS**.

ACROBAT

See **CIRCUS**.

ACTING/ACTOR/ACTRESS This can suggest a desire for public attention, but it can also suggest not expressing your real self – playing a part. If you dreamed that you were acting on stage, how did the audience react to your performance? We all role-play during our waking lives, projecting a persona that may not be entirely who we are in order to make ourselves more appealing to others; it is possible that your unconscious is commenting on how your performance was perceived. The part you were playing and the scene you were acting could be particularly relevant to situations in your waking life. Were you a tremendous success on stage? Did you receive a standing ovation? If you did, your unconscious may be telling you that the image you are presenting is convincing to others. If, however, your act was not well received, this might suggest that the image you are projecting is unconvincing to others and unhelpful to you.

If you dreamed that you were unwilling to step into the spotlight, this could suggest that your unconscious is mirroring your reluctance to be someone you are not in waking life, or it could simply suggest that you dislike being the center of attention. If you forgot your lines or needed the assistance of a prompter, you could be suffering from a lack of confidence in waking life, perhaps because you feel unprepared in some way. You may also be relying on someone else in waking life to guide you toward success. If an actor dies or is dead in your dream, this could suggest that a particular role

you have been playing in life has outlived its usefulness and relevance. On the other hand, dreams about acting may simply be reminding you that life is not a dress rehearsal and that you only have one chance to make a success of it.

See **WORK**.

ACTIVITIES/ACTION

Activities or actions within dreams are often concerned with hidden motivations and agendas, and – interpreted within the context of your mood and emotions within the dream – are particularly important. The psychological meaning is that action needs to transfer from dreams to waking life in order for progress to be made. Symbolically the action can give an indication of the dreamer's spiritual progress.

Typically, activities in dreams are associated with moving forward or making progress in waking life. They reflect how well you are doing in your quest to achieve your ambitions. Do you need to move on? Take another route? Speed up or slow down? That's why it is particularly helpful to take note of the details in your dream. What was the goal you were running, walking, climbing, or swimming toward? Did you feel exhausted or were you in peak form? Were you competing against anyone? Did you reach your destination or achieve your goal? Did you feel satisfied or disappointed? The answers to these questions will help you assess your progress and identify any obstacles or attitudes that may be holding you back.

ADAM AND EVE

See **APPLES**, **MUD**.

ADDER

See **NEGATIVE SYMBOLS**.

ADDRESS In dreams, your address represents your present lifestyle or status, while another person's address suggests some kind of contact with that person. Past addresses indicate the person you once were. If you forget or lose your address in your dream, this suggests a loss of connection or understanding. Your dream is reflecting your real-life confusion about who you are, where you are going, and how you connect and communicate with others. If you had a dream in which you were going through your address book and deleting or checking names, your unconscious was probably sorting the people in your life into those with whom you wish to remain in contact and those whom you want to leave behind. Were there any surprise messages from your unconscious about any particular people if you had this dream?

ADMIRAL

See **WORK**.

ADOLESCENCE/ADOLESCENT Technically the teenage years or adolescence extends from about the age of 12 to 18, or 21 at the latest. As you grow older, you may find that your dreams look back to your teenage years with feelings of wistfulness. You may not want to go through the torments of adolescence again, but you may like to unite your maturity and experience with your youthful energy and enthusiasm. Whereas dreams of childhood tend to be nostalgic, dreams that feature teenagers tend to be about wish-fulfillment. If you are no longer a teenager, a dream in which you become a teenager again and hang out with your friends at a disco suggests that you are coping with life at present and not taking it too seriously. On the other hand, your dreaming mind may be urging you to chill out more. If you revisit your teenage years in your dream, or dream of teenagers, your dreaming mind may be urging you to recover some of your creativity, energy, and sense of freedom. If the young man or woman in the dream was acting in an immature way, as adolescents are prone to do, could your dream be warning you that your present behavior is stupid, immature, and unproductive? If your dream featured images of school, examinations, or college, the implication may be that you need to broaden your mind or take up new challenges. Alternatively, if school was a place of unhappy memories

for you, it could be urging you to have a more positive, upbeat approach to life.

Although the following dreams can be experienced at any life stage, they are believed to be among the most common for teenage dreamers. If you dream of burying a dead body, you may be aware that you have killed someone, although you may not remember why or how. Your concern in the dream is to bury the body before someone makes a terrifying discovery and exposes you. Despite the horror of what you have done, the main issue in your dream is not the fact that you have killed someone but your desire to cover your tracks and avoid discovery. This dream is all about your need for acceptance and to rid yourself of things that are undesirable in your life. The person you have murdered represents what you would like to get rid of; that is why there is no remorse in the dream. The panic in the dream indicates your fear that people will recognize your anxiety. The teenage years are all about deciding what is or is not acceptable or desirable in your life so, not surprisingly, this dream is most common at that particular time. The things you want to bury can include parental expectation, childish hobbies, or activities, and so on.

During your teenage years you are very likely to dream of meeting a celebrity and becoming their close friend. This kind of dream focuses on the importance of feeling accepted and admired within your peer group. It is not uncommon for a teenager to dream about the death or funeral of one or both parents. Such dreams are not predictive, being simple reflections of the death of the past and the beginning of a new parent–child relationship.
See also **STAGES OF LIFE**.

ADOPTED If you dream of being an orphaned, adopted, or fostered child, this usually suggests that your relationships with members of your family in waking life have created some sense of loss and rejection in you. Dreaming of having lost your parents or being rejected by your parents so you become an orphan, adopted, or fostered child may denote that you feel you didn't get their unconditional love and attention, and that you have to find your own way in the world without their support. Alternatively you may feel as if you are an outsider in the relationship to your family. Perhaps you have been excluded or perhaps you have little in common with them. Do you consider yourself rejected or at odds with the rest of your family? Whatever the reason, your dream may be suggesting to you that you need to create a

surrogate family to get the support you need (this may be with your friends or your partner), and they will be able to help you feel loved, secure, and accepted for who you are.

Another explanation of such dreams is that it is time for you to be more independent and self-reliant by moving away from your parents. When life forces you into permanently or temporarily losing your parents, either by death or by other circumstances such as foreign travel, you may experience dreams of being orphaned. The dream might not refer to your relationship with your family at all, but might be telling you that you are feeling abandoned, unloved, rejected, and misunderstood by your partner, friends, or colleagues in waking life. If this is the case, the dream connects to feelings of belonging or not belonging in waking life. If you are looking after an orphan in your dream, you are attempting to heal that part of you that feels unloved.

ADVENTURE Adventure dreams can be a reflection of your waking life, which may have become more adventurous recently, but it could also suggest the need to experiment, physically, emotionally, and spiritually.

The Jungian archetype of the hero, starting out on his adventure and battling adversity in order to learn, mature, and grow, dominates the interpretation of adventure-themed dreams. Adventure dreams urge the dreamer to take on new challenges or seek out aspects of themselves or talents that remain hidden in waking life. They point the way toward a new understanding, and the discovery of inner strength and creativity that can empower the dreamer.

ADVERTISEMENT You cannot escape ads in daily life and you may well find that they pop up in your dreams, too. If an ad does feature in your dream, its purpose will be to highlight your aspirations – so pay particular attention to the content of the ad. What or who was it trying to sell? If your dreaming mind lingered over the ad for shoes, a fast car, vacation, or any other object of your desire, your unconscious may simply be reflecting your waking obsession with it. If the dream highlighted cosmetics or clothes, your dreaming mind may be encouraging you to change your image in some way in waking life.

ADVOCATE

See **ARCHETYPES**.

AFTERNOON

See **TIME**.

AGE/AGING You may have a dream in which you or someone close to you appears to age rapidly, sometimes becoming an elderly person or even a skeleton. Such dreams can be frightening, reflecting your anxieties and fears about aging, but some people find such dreams comforting as they can indicate that the aging process is not necessarily a negative experience.
See also **STAGES OF LIFE**.

AIR You can't see air but it is crucial for your survival and well-being. The element of air is associated with the Zodiac signs Gemini, Libra, and Aquarius. For Jungian analysts, air seeks to establish itself in the realm of the intellect; it is through the process of thinking that we develop ideas and communicate. Air contributes inventiveness, originality, creativity, and versatility to the personality. It gives that feeling of freedom and objectivity, and the ability to appreciate the differences between people. In dreams, air encourages you to let your thoughts soar, helping you to realize your full potential.

When air's influence is exaggerated in a person, we see them as living in a dream world full of unrealistic goals and flights of fancy. Air should seek to maintain practicality and develop consistency in dealing with the real world. You cannot live without air, so when it appears in your dreams, consider its quality. Is it foggy, misty, clear, or polluted? The answer will give you an idea of the atmosphere that surrounds you in waking life. If you are outdoors in your dream and conscious of the clarity and coolness of the air, your dreaming mind may be urging you to give freedom to your thoughts. Or perhaps you feel released from a recent problem or situation. Air may also refer to the way in which you behave. Are you putting on airs and graces, or behaving in a superior way that demeans other people?

AIR-CONDITIONER This image suggests a need to calm or slow down. If the air is cold this may indicate emotional coldness.

AIRCRAFT/AIRPLANE/AIRPORTS In dreams, aircraft represent a desire for new experiences and excitement. According to Freudians, aircraft are phallic symbols associated with new sexual experiences. Because air symbolizes spiritual aspiration, if your dream featured an aircraft or a plane ride, could your unconscious have been encouraging you to explore your spirituality or rise above the limitations of daily life? Do you feel you are on a fast track to success, or do you just really need a vacation?

In dreams, as in life, airports can be busy, noisy, and crowded places, and they can suggest a phase in your life you are trying to leave behind or a transitional phase. If you are looking in vain for a familiar face at an airport in your dream, this suggests there may be aspects of your old way of life or thinking that you are unwilling to leave behind. If you dreamed of being in the middle of a flight, your unconscious may have been commenting on your current progress in life. Are you flying high or being buffeted by turbulence? Or is everything up in the air or beset by uncertainty? Dreams of being hijacked or attacked in a plane can suggest anxieties about flying, but they can also represent a fear of rape in women. A dream of a plane crash can suggest you have set your sights too high; perhaps you are expecting too much and have doubts about your ability to reach your goals?

See also **PLANE CRASH.**

ALARM Ringing bells, timers, alarms in a dream may be prompting you to move forward with an idea in your waking life. Loud alarms – such as sirens – warn of impending danger or crisis.

ALARM CLOCK The appearance of an alarm clock in a dream indicates the need to get up and do something; it may also be a reminder of someone or something you have neglected.

ALCOHOL Dreams that feature alcohol can be interpreted in two ways. They could be a warning that you need to take it easy or they could be a suggestion that your life needs more stimulation and excitement. If, however, a drunk appeared in your dream or you got drunk and had a hangover, this may suggest that you have been overdoing it recently. It can also refer to the way you deal with difficult feelings by drowning them in drink. On the other hand, do you feel drunk with success and, if you do, is your unconscious warning you to rein in your exuberance as it is unsettling to those around you? Don't forget the Latin phrase *in vino veritas* (wine reveals the truth) and pay attention to what you and other people say in your dream over a glass of wine or beer.

To see whisky in bottles symbolizes your alertness, carefulness and protective nature. If you are drinking alone, this signifies a selfishness that is driving friends away. To dream of drinking wine refers to festivity, celebration, and companionship. To dream that you are breaking wine bottles signifies over-indulgence and lack of control.

ALIEN If an alien appears in your dream, this suggests feelings of being an outsider in a group or society. It may also represent something new and not previously experienced. Aliens in dreams can also suggest that something unknown or frightening in waking life needs to be faced. Dreaming of aliens may also indicate dealing with something unfamiliar in yourself. Are you behaving in ways that are alien to you, for example? Aliens are something humans have never encountered, so the dream is urging you to prepare for the unexpected. Sometimes in dreams, aliens suggest evil forces, but more often than not they suggest that you feel different or set apart in some way from others. Perhaps you have started a new job and feel like the odd one out.
See also **STRANGER.**

ALLEY If you appear in an alley within a dream you may find yourself

facing a dilemma in the near future. The image suggests that you feel you have little choice regarding a certain situation.

ALLIGATOR

See **REPTILES**.

ALPHABET The alphabet in dreams may refer to childhood or to basic lessons in life. To see letters of the alphabet in your dream symbolizes any object, animal, place, or person associated with or resembling that particular letter. For example, the letter 'T' may refer to a type of intersection in a road or a person you know called Tom. Or, you may still be trying to understand some concept or emotion that is still in the primitive stages.
See also **LETTERS OF THE ALPHABET.**

ALUMINUM

See **METAL**.

AMBITION According to Adler, dreams are an expression of our ambitious desire for power and success, a way of overcompensating for shortcomings in our waking life. For example, if a person is unable to stand up to their boss, they may safely lash out in anger at them in a dream. Thus dreams offer some sort of satisfaction that is socially acceptable.

Although some dreams can be interpreted as wish-fulfillment, most modern dream researchers believe that dreams have another purpose, to periodically present us with reports on our progress to date. Sometimes these updates are purely expressions of wish-fulfillment, and therefore easy to interpret: for example, those fantastic dreams in which you win the lottery, or audition successfully for the lead role in a Hollywood blockbuster. Sometimes, though, dreams are harder to interpret because the dreaming mind speaks in the confusing language of symbols. Understanding such

dreams is, however, important because they often contain pertinent observations and warnings – not yet registered by the conscious mind – that can help us achieve our goals in waking life.

AMBULANCE The appearance of an ambulance in a dream typically suggests feelings of panic and emergency about a specific situation or person.

AMBUSH Dreams in which you ambush or abduct someone reflect your desperation in waking life to ward off potential humiliation. If the person you are ambushing is someone you know, you also need to consider if you are secretly envious of this person in waking life. If this is the case, your unconscious may have been expressing your desire to capture or kidnap the qualities you admire and make them your own. Alternatively, you may have a hidden desire to control that person. If, however, you were ambushed, abducted, or kidnapped in your dream, this suggests that someone or something in your waking life is trying to take control of you. Your dream expresses your surprise and uncertainty about losing control.

AMETHYST

See **GEMSTONES**.

AMMUNITION Bullets or ammunition can suggest verbal attacks in the context of dream conflicts. If the ammunition belongs to someone else, this represents things that you feel other people can use against you, such as lies, anger, and so on. If you have the ammunition, it can represent assets you have that can build your confidence, things you could say or do to wound others if you had to. If you run out or don't have any ammunition, you may be feeling hopeless about a situation and unable to defend your position.

AMNESIA Typically a sign of avoidance or repression of something or someone in your waking life, but can also suggest unfulfilled potential.

AMUSEMENT PARK Dreams in which you are visiting an amusement park may be a sign that you may need to incorporate more enjoyment within your life. They can also be symbolic of things that can easily distract you

from your tasks. If the amusement park is empty or seems shut down, it signifies the need to stop taking yourself so seriously. Consider also how everything in the park is an expression of some aspect of yourself.
See **FAIRGROUND.**

ANCHOR

See **ABANDONMENT**.

ANESTHETIC If you dream that you are having an anesthetic or are being put to sleep for an operation, this suggests that you may be trying to escape reality in some way in waking life or attempting to deaden some emotional pain. There may be something in life you don't want to face or simply want to forget about for a while. The answer may be simple as taking a much-needed vacation.

ANGEL Angels are celestial messengers sent to guard over us. To imagine one appearing is a symbol of spiritual protection and inspiration. If angels give you advice in a dream, what they tell you should always be taken very seriously. Nowadays, with a greater acceptance of the appearance of angelic figures, they are once again accepted as messengers of enlightenment. If you are religious, visions of an angel in your dream may be taken as validation of belief, but if you are not religious, you can take solace in the thought that you have a spiritual protector watching over you. Another interpretation suggests that dreaming of an angel suggests you are searching for this unconditional love and support in waking life, and the dream is urging you to find these qualities within yourself.

See also **ARCHETYPES**.

ANGER In a dream scenario, anger may express the tension between your conscious and unconscious urges. The aggressor in the dream will often represent the part of you that is demanding to be acknowledged. Freud spoke of an aggressive drive which he believed revealed itself in all walks of life and in all types of people. He believed that the aggressive drive was just as much present in sex as in war. Alfred Adler, an early disciple of Freud, believed that anger was the most fundamental force of the psyche and, if repressed, it could express itself in dream images of anger and aggression. Whatever may be the trigger, anger is one of the most common emotions to express itself in dreams, either by physical violence or by using symbols of anger such as weapons. Such dreams are likely to continue until the trigger for your anger is discovered and dealt with.

If a person has recurring dreams in which they are assaulting, raping, or attacking someone, this suggests deep-rooted sexual problems that they might want to talk over with a doctor. A single dream in which aggression, sexual or otherwise, occurs is not so worrying and is actually quite common. Such a dream will be expressing negative feelings of anger, hostility, rejection, embarrassment, or envy that have probably been repressed in waking life. Dreams of assassination or murder have the same interpretation. Dreams in which you are evicting someone from their home or your home suggests that there is something in your life you are angry about and of which you desire to be rid. This may be some characteristic within yourself or another person. Dreams that focus on ambushing may have the same theme, but in this case there may be something about the person or thing being ambushed that you want to possess yourself.

Libel dreams in which you are attacking someone verbally may suggest that you are spreading vicious rumors or someone is spreading them about you. Any dream in which you have a feud, dispute, or attack suggests either a disagreement with someone in your waking life or inner conflict with an

aspect of your character. Dreams in which you are rebelling against someone or something have the same interpretation. Pay attention to the atmosphere of your dream as it may reveal much about your emotional state at present. The dream may also be describing your feelings of being threatened.

ANIMA/ANIMUS A part of our persona is the role of male or female we must play. For most people, that gender role is determined by their physical sex. But Jung, like Freud and Adler and others, felt that we are all really bisexual in nature. When we begin our lives in the womb, we have undifferentiated sex organs that only gradually become male or female, under the influence of hormones. Likewise, when we begin our social lives as infants, we are neither male nor female in the social sense until society molds us into men or women.

In all societies, the expectations placed on men and women differ, but in our society today we have many remnants of traditional expectations. Women are still expected to be homemakers and nurturers; men are still expected to be strong breadwinners. But Jung felt these expectations meant that we had developed only half of our potential.

The anima is the unconscious female aspect present in the collective unconscious of men, and the animus is the unconscious male aspect present in the collective unconscious of women. The function of the anima/animus is to help the dreamer establish a good working relationship with their male/female counterpart. This is an important step in the development of the personality.

The anima or animus is the archetype through which you communicate with the collective unconscious generally, and it is important to get into touch with it. It is also the archetype that some researchers believe guides our choice of partner. We are, as suggested by an ancient Greek myth popularized by Plato in the *Symposium*, always looking for our other half – the half that the gods took from us – in members of the opposite sex. When we fall in love at first sight, then we have found someone that 'fills' our anima or animus archetype particularly well!

If someone of the opposite sex played a leading role in your dreams or aroused feelings of deep yearning, attraction, and fascination, then your dreaming self has witnessed the appearance of the anima/animus, the opposite of your conscious personality. This is why if you are an indecisive, shy man your anima may take the form of a party-loving woman who is

resolute – or if you are a cautious, rational woman, your animus may take the form of a spontaneous, passionate man. The anima/animus may be either positive or negative, and both can be symbolized by people you know or don't know in waking life, as well as mythical, symbolic, and legendary characters, or by objects that somehow represent the masculine or feminine to you. Typically, the anima is personified as a single-figure image – for example a young girl, a witch, or an earth mother. It is likely to be associated with deep emotionality and the force of life itself. The animus may be a plurality of figures, for example a band of robbers or a council passing judgment, although it is also often personified as a wise old man. It is likely to be presented as logical, rational, and judgmental.

By introducing the anima/animus, your unconscious is urging you to seek balance and compensate for those attitudes or behaviors that dominate your thinking and being in waking life. Heeding the promptings of your anima/animus can help you become a more content and rounded personality, and perhaps strengthen your relationships with the opposite sex.

ANIMALS Animals in dreams represent primitive drives and desires, such as fear, lust, and anger that can only really be understood on an instinctual level. Thus, to dream of a certain animal could suggest an aspect of your personality that is instinctual, hidden, or striving for recognition. It could also represent a part of yourself you find hard to control. And because we often assign characteristics or personality traits to animals, dream animals may also symbolize gut feelings we have about others. An attacking lion, for example, may depict how we see someone who is being aggressive toward us.

Animal dreams rouse special interest because they contain images that are familiar to us, but at the same time we recognize something that is unfamiliar and obscure. Traditionally, the characteristics of the dream animal are applied to the world of humans, often seeing the animal as a harbinger of misfortune or good luck; for example, a wolf is often thought to predict thieves or misfortune. According to Freud animals in dreams are not predictive of future events but a classic expression of repressed or unexpressed sexual and aggressive tendencies. Jung, however, argued that animals in dreams should be analysed individually, depending on the character they portray in the dream and the association the dreamer has to them.

Jung believed that animals are sublime and, in fact, represent the 'divine' side of the human psyche. He suggested that animals live much more in

contact with a ‘secret’ order in nature itself and – far more than human beings – live in close contact with the ‘absolute knowledge’ of the unconscious. In contrast to humankind, the animal is the living being that follows its own inner laws beyond good and evil – and is, in this sense, superior and a source of inspiration and guidance.

Although animals are one of the most common dream symbols, dreams that feature them can be complex and hard to interpret. Perhaps the simplest way is to first think about how you feel about the specific animal in your waking life. You may, for example, adore cats and think of them as lovely creatures because you have a much-loved pet cat, or you may associate cats with feeling unwell because you are allergic to them. Thinking about how that animal makes you feel within the context of your dream should help you recognize if that feeling is struggling to the fore, or is already expressing itself in daily life.

If, on the other hand, you have no feelings in particular about the animal in your dream, you need to think about the quality you typically associate with it: for example, a fox with cunning and stealth, an elephant with strength and mystery, or a dog with unconditional loyalty and love. Because animals are thought to represent unedited feelings and drives, it’s possible that your unconscious used the symbol of the fox in your dream to alert you to your own or someone else’s cunning. Thinking about that aspect of yourself – again within the context of your dream – should tell you whether you need to nurture and develop it, tame it, or be on your guard against it in someone else.

If you still feel puzzled, it may be that the hidden meaning lies in archetypal, traditional, legendary, mythical, or magical associations. Dream animals may also embody a pun. For example, if you dream of a badger, are you feeling badgered or aggravated in some way? If you dream of a zebra, could this refer to your black-and-white viewpoint?

Dream animals, no matter how problematic, offer us an opportunity to contact and explore both the parts of ourselves that we have shut away and the parts that we have yet to discover. In general, researchers believe that animal dreams mean that the subconscious has woken up and has come to life.

Our dreams will be selective and personal in the choice of animal used to portray our life situation, but as you interpret never forget that animal symbols in dreams typically represent a fundamental push toward life and

living it with passion.
See also **BIRDS, FISH, PETS.**

Animal Scenarios

Agricultural Animals

Neither pets nor wild creatures, agricultural animals often represent personal traits that you may have tamed to a certain extent, although there is always the risk that they will escape conscious control and run wild. It's important to reflect on the context of the dream involving a working or farmyard animal, as it may reflect how you feel about the burdens and responsibilities of your daily life.

Animal Noises

If you hear animals making sounds in your dream, you need to consider what these sounds mean to you in waking life and then to make a symbolic link. For example, if you hear an animal barking, wailing, or whining for attention, these sounds could be calling your attention to the qualities that that particular animal represents to you. If you hear ominous growling, roaring, or cackling, it could reflect pent-up anger either within yourself or another person. If you hear braying, it could indicate a need to overcome basic animal instincts. If you hear bleating, you may be taking on new cares and responsibilities that could be positive or negative depending on your attitude toward them.

Animals in Pain

To dream that you are rescuing, caring for, or saving the life of an animal suggests that you are successfully acknowledging certain emotions and characteristics represented by the animal. A wounded animal can mean a pain you need to come to terms with that has caused an instinctive reaction, such as reactive anger or terrible fear. To find yourself in the waiting room of an animal hospital suggests a desire to avoid a responsibility or commitment you have in your waking life. To see lab animals in your dream suggests that an aspect of yourself is being repressed. Alternatively, it suggests that you need to experiment with your fears, choices, and beliefs. Try not to limit yourself.

Animals in Water

Dreams about animals in water are symbols of our emotions. Water is a

symbol of emotion because water, like emotion, constantly moves and flows. How the animal moves within the water reveals our emotional mood. For instance, if the water is calm and beautiful then it shows our emotions are good.

Animals with Their Young or Baby Animals

Maternal and paternal instinct; your basic childhood need for love and protection or your own experience of being parented. A baby animal can refer to yourself when young and vulnerable; feelings or memories concerning your childhood; desire for babies; vulnerability; fundamental survival instincts such as crying out for protection and comfort and the need for dependence and bonding. If the young animal is injured or dying, this could suggest problems with maturing or dealing with adult life.

Caught or Caged Animals

To see wild animals caged suggests that you are in control of your instincts. If you are in the cage with them, it could suggest a need to break free from constraints. If you dream of an animal tangled in barbed wire or in a trap, this could suggest an unhappy relationship with yourself or someone else. If the animal seems calm, it suggests inner strength during adversity, but if the animal panics, unhappy memories or unhealthy habits are limiting your potential for development and growth.

Changing into an Animal

Also known as zoomorphism, to dream that you are changing into the form of an animal indicates that you are becoming less civilized and restrained, and becoming more free and instinctive. You may be expressing your new-found freedom and independence. Alternatively, taking the form of an animal can also suggest repressed urges that need to be understood and managed. Consider also the qualities of the animal that you turn into and what happens to you in the dream. According to Jung the end of the dream is particularly significant. Favorable resolutions direct us to the most constructive ways of solving problems, while unfavorable dream resolutions contain a warning of negative changes. Dreaming of animal skin could mean you may have found or need to acquire the traits, power, and wisdom of the animal concerned.

Cold-blooded Animals or Reptiles

The unfeeling, cold, almost inhuman element in some human instincts is often suggested by cold-blooded animals or reptiles.
See also **FISH, REPTILES.**

Composite or Deformed Animals
To dream of animals mixed up with each other, for example half-animal/half-man, could suggest confusion in finding the best approach to a situation in waking life. Perhaps the qualities of the animals in the dream need to be assimilated and integrated? The dream could also suggest that the dreamer is recognizing their potential for development.

Domestic Animals
Domestic animals symbolize fundamental urges and drives in ourselves which we have learned to meet and direct with reasonable success. They still have to be cared for, though, or they may rebel against what we ask of them. Buying and selling an animal may indicate the need for the dreamer to be aware of possible tensions with the people close to them. If the dreamer is selling an animal, this could indicate delays and frustrations; the need for inner calmness to help the dreamer through until they see the light at the end of the tunnel.
See also **PETS.**

Killing or Eating an Animal
Attempting to kill the animal within (our lower brain functions) can cause tension, depression, and illness; giving in entirely is no answer, either, as our higher brain functions need expression also. One of the challenges of maturing and growing is to meet and relate to our ‘animal instincts’, and if possible find ways to express them positively. To dream of eating an animal suggests that you need to draw upon your own inner wisdom and energy, but it can also suggest a desire for sensual pleasure.

Neglect of Animals
This is a common dream symbol that typically represents neglect of some aspect of your inner nature. For example, you may have been given an animal to look after, usually somebody else’s pet, while they were away on vacation and then completely forgot about the animal, only to discover it later starving, injured, or even dead. This dream is reminding you that you have a

responsibility to yourself and to see that your own sexual, nutritional, and bodily needs are met.

Parts of Animals
These have the same interpretation as parts of the human body (see **BODY**). If a four-legged animal has a leg or legs missing, it suggests a personality that is not fully rounded. If you dream of a tail, this could signify a need for balance and adjustment in tough circumstances. It can also indicate sexual arousal or the penis. If claws figure prominently in the dream, this could suggest spitefulness; desire to hurt; hidden aggression; clinging; or 'getting your claws into someone'.

Watched, Attacked, or Chased by an Animal
Hiding from or being trapped by animals can suggest you are feeling controlled or threatened by your urges or the emotions or feelings of others. If the animal is watching you, your unconscious is reminding you not to forget or neglect the instincts that it represents. If the animal is attacking you, this could indicate that you are in the grip of a rage that you fear you may unleash. Your dream is urging you to express or deal with your anger in a controlled way. If an animal is chasing you in a dream, this may suggest that in real life you are in flight from some area of your personality that wants to be expressed. If you are trying to find refuge from animals – either by building a defense or running away – this indicates a struggle with instincts that threaten your safety in waking life. In some cases dreams of being threatened or attacked by animals may be telling you that you are repressing your instincts – perhaps being too civilized – and you should try and loosen up more. Being bitten by an animal could indicate aggression from someone close to you, or that your own aggressive instincts are not under control. Any threat from a sinister animal suggests fears and doubts you may have about your ability to manage your emotions.

Wild Animals
A wild animal is the symbol of a deep-rooted instinct or the beast within you. Freud suggested that dreams of wild animals represented our most sensual passions, and sometimes the 'evil instincts' that lie deep within our unconscious. The more wild and dangerous the beast, the greater the danger that suppressed aspect of yourself will break free from the control of your

conscious mind and force you to confront and deal with it in waking life. If you dream of a herd of wild animals, this could suggest you are meeting, or need to meet, aspects of yourself you have not yet learned to direct or usefully integrate. Taming or harnessing a wild animal indicates a need to control your instincts and if possible make them productive and useful.

Wise or Talking Animals

To dream of wise animals suggests important information from your intuition or inner wisdom. This intuitive wisdom is within every one of us and the result of thousands of years of life experience. Many cultures all over the world represent great wisdom and holiness as animals or animal-headed beings. To dream that animals can talk represents a wisdom inside yourself that is innocent and simple. It could also represent your potential to be all that you can be.

Animals A to Z

More than anything else, dream animals represent powerful instinctive reactions to situations; for example, fight or flight, the urge to find a mate and protect our young, the desire to have standing and recognition within a group, and so on. When instincts need to be understood, expressed or controlled in some way animals can often appear in our dreams to symbolize them. By understanding animals in dreams and the qualities they represent, we can approach life in a more instinctive, simple and natural way.

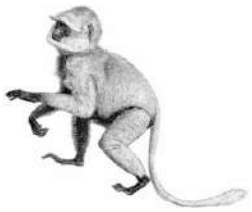
Bear in mind though that there is a huge difference in meaning between wild animals and domesticated animals in dreams. In general, domesticated animals or pets, such as a dog or rabbit, represent those urges we have more control over and are therefore less threatening to our conscious desire to be in charge. The wild animals we dream of are more threatening to our ego, but they are also more powerful, because if we can develop a working relationship with them they offer incredible potential for growth.

Ape/Monkey

To dream of apes, monkeys, gorillas, or baboons suggests a link with the impulsive, imprudent, inquisitive side of ourselves, such as the self-centered grabbing of food, or sexual gratification without concern for the needs of the other person. It can also suggest the ability to mimic or copy, as well the childish, foolish, and infantile side of the dreamer’s character that delights in

mischief-making.

On the other hand, to dream of apes or monkeys, especially if they are white-haired, can link in with the dreamer's own unconscious wisdom: the wonderful experience of existing, of being alive with all the powers of a living creature such as strength, passion, awe, and wonder in meeting life and the stars. Does your dream monkey reveal a wiser side of you? The three mystic monkeys cover their eyes, ears, and mouth showing that they 'see no evil, hear no evil, and speak no evil'. Do you need to keep your own counsel?



Badger

Define what you associate with the badger. For most of us, the play on words will feature strongly, as a dream about badgers can often refer to badgering people, or feeling badgered and needing to get away from the influence of other people.

Bat

Bats can see in the dark, suggesting thoughts or influences that emerge from our intuition or inner wisdom.

Bear

Often represents the mother figure in dreams and, depending on the dream, this image can be caring or uncaring, or possessive and all-devouring. If the bear is recognized as male, then it could refer to an overbearing person, or perhaps the father figure in a person's life.

The bear is largely a solitary animal that prefers to live and survive alone. This, and its human way of standing, may be major reasons for bears

appearing in dreams. We can therefore link the bear with feelings about living alone or surviving by one's own strength. Because of the bear's ability to hibernate, it can also represent our ability to recreate ourselves after a period of rest and reflection.

Bears in dreams may also link to feelings we have about becoming independent, or meeting strength and independence in someone else, or even wild rage as 'the bear with a sore head'. If the latter is the case, it could suggest your relationship with someone who is touchy or grouchy or powerfully possessive in a smothering relationship. It could also indicate the danger of sudden unpredictable reactions.

Beast
Many dreams feature beasts or animals that are of no particular characteristic or type. In some cases the beast is terrifying and we awake with a feeling of dread. Such creatures are usually an expression of memories, or instincts and drives, which have been repressed or avoided in our waking lives for one reason or another.

Beaver
Beavers are typically associated with industriousness and independence, although the word does also have sexual connotations with the female sexual organs. If a dam is being built, this could suggest holding back feelings or the need to conserve energy. In Native American tradition the beaver is considered holy, and if a beaver should speak to you in a dream, this may be an expression of your inner wisdom trying to make itself heard.

Boar
Boars are symbols of the magical spirits that protect the woods. If they appear in dreams, they can suggest protection from danger and hardship in waking life.

Bull
When bulls appear in dreams they might refer to powerful instinctual

responses that can sweep us along or cause problems if we try to deny them. Such instinctual urges may be to do with lust and desire, anger at people invading our space, paternal or maternal love and protectiveness, or simply an aggressive bullish trait within ourselves or someone else. It can also suggest personal traits to do with being earthy, basic or sexual in our approach as well as strength, obstinacy, and power. If the bull is aggressive, this shows the frustration that can arise from basic drives being thwarted. For example, a person may have a high libido and feel frustrated with a partner who does not care for sex as much. If the bull is wounded or killed, this suggests a killing of natural urges or drives for sex and procreation. If the bull is sacrificed, this can suggest generosity and self-giving. The ridden bull indicates harmony between instinct and decision-making.

In many cultures or myths around the bull there is the theme of the hero confronting and overcoming the bull – for instance Theseus and the Minotaur. Victory over the bull therefore represents the human struggle and victory over instinctual or reactive forces influencing consciousness. From this victory a new life or consciousness can be born.

Camel

Suggests the dreamer's ability, or the ability of someone the dreamer knows, to face adversity – especially over the dry and barren aspects of life. It may also link with inner strength, endurance, patience, and plodding perseverance. Occasionally the camel's hump may suggest pregnancy or the desire for children.

Cat

Jung saw cats in dreams as representing the hidden or secretive side of a person's nature. Cats often feature in dreams of women to represent the urge to care for someone or, in some cases, a desire for sex and the need to reproduce. In men's dreams, a cat or group of cats may refer to a woman or group of women, or to the intuitive side of men's nature, perhaps warning him of hidden dangers; cattiness, jealousy in a relationship. On the other hand it can also suggest independence, stealth, and fertility. An alley cat indicates promiscuity. In some dreams, a black cat, depending on what the dreamer associates with it, may indicate good or bad luck, or fear in general. If the dream suggests cats are to be feared, this can indicate fear of the female in oneself, fear of females or a particular 'catty' female, or difficulty in meeting

feelings and intuition. If you are allergic to cats and dream of one, it might signify a negative and threatening reaction to a situation or relationship. If cats speak in your dreams, this suggests sexuality, femininity, and an ability to express it.
See also **PETS.**

Stealth, ferocity, power, strength, cunning, and the will to survive are suggested by wild cats in dreams – see below.

Chameleon
The dreamer is recognizing in themselves the ability to change and adapt to circumstances.

Cow
Similar to the bull in many ways but suggesting the female aspect of a person's nature, in particular a willingness to put the needs of others before one's own. Cows can symbolize motherliness, receptiveness, nurturing, and the feminine energy that can lead or direct the masculine energy in oneself. They may also indicate being taken advantage of by someone in some way.

Deer/Reindeer/Antelope
The gentle side of oneself that can be hurt or wounded easily by cynicism and aggression or criticism. Generally, a deer symbolizes vulnerability and, in some cases, lovesickness. In a man's dream, the deer may depict a young woman the man is in pursuit of. If the dreamer is pursuing a deer, this indicates success in overcoming fears. If you see yourself killing a deer, this is a warning dream to indicate the possibility of someone hurting you in waking life through no fault of your own. To dream of a stag suggests male sexual drive and virility, courage, and both life and healing energies. The stag may also represent a man or father figure that the dreamer admires in some way and the dream expresses the dreamer's desire to become more like the admired person. Finally, a deer or reindeer herd have a strict hierarchical structure and the dream could suggest that the dreamer needs to recognize their own place in the world. Is it time for you to branch out from this place in the world and make new connections? Are you in the process of renewal, or do you need to be?

Dinosaur

The dinosaur indicates the most primitive, unsocialized, basic urges of human nature such as fear, reproduction, and survival. Such instincts are still alive within us and need to be integrated otherwise they remain in a primitive form, perhaps in conflict with our personality. To dream of dinosaurs could also indicate some aspect of our personality or approach to life that is outdated and no longer needed for survival.

Dog

The dog depicts natural urges that are well integrated, but still have the tendency to revert back to the spontaneous or 'wild' state quite easily. For instance, our anger might usually be well under control but, if someone teases us, we might unexpectedly erupt with uncontrollable anger. Like the cat, the dog can also represent affection or caring. A black dog suggests depression or fear of death.

See also **PETS.**

Donkey/Ass

In the Bible, the ass carries Christ and is often thought to represent humbleness and humility but it can suggest the stubbornness arising perhaps out of long-entrenched habits and automatic behavior. Generally the donkey represents the plodding, long-suffering body and its basic needs, and a dream in which the dreamer is riding on a donkey hints at progress, even if it is slow. Do you feel impatient with your progress or overburdened? Are you refusing to give way on an important issue? Don't forget about Eeyore, of *Winnie the Pooh* fame. Eeyore is a depressed and sluggish donkey. Are you feeling that way?

A dream that features a donkey braying implies that the dreamer is on a liberating journey from some kind of family or health trauma. A dream in which the donkey is tied up attests to the dreamer's fierce willpower that can 'move mountains' if directed toward a positive goal. If the ass or donkey is being ridden by or pulling someone else, you may be feeling you are doing all the hard work in a relationship, or working like a beast of burden.

Elephant

To dream of an elephant is to recognize the qualities of patience, long memory, strength, wisdom, and loyalty. It's a particularly good sign if you are riding it. If other people are riding the elephant, it could suggest help

from a friend or a close strong friendship. To feed an elephant suggests meetings with people in key positions. If you run from a herd of stampeding elephants, this could suggest being afraid of your own strength or inner power. If a rogue elephant stampedes, it could represent a chaotic element in yourself that threatens to wreak havoc in the waking world if it isn't controlled. The question is, can we meet this enormous strength and energy in ourselves and learn to direct it positively? The elephant's trunk is sometimes said to be a sexual symbol indicating the ability to satisfy needs.

Elk/Moose
Suggests the wild drives or emotions that can carry us along, or trample us.

Ferret/Ermine
Suggestive of inquisitiveness – the ability to ferret or find out things – as well of selfish actions that can injure another person's feelings. (The ermine was traditionally linked with virgin saints and thus purity.)
See also **PETS.**

Fox
A fox symbolizes shrewdness in dealing with life's challenges, but also a tricky person or relationship, or false or deceptive rumors. It also suggests unpredictable behavior and a refusal to conform. If the dreamer chases a fox in a dream, it suggests that they are too detached from reality and is in danger of floating in a sea of untruths. Do you need to be as 'wily as a fox' at present? Does your dream fox need protection from the hunt and, if so, what can this be linked to in your daily life?

Game Animals
Game animals – notably the deer, rabbit, and hare – offer encouragement, and dreamers should view their presence optimistically. The rabbit's renowned ability to breed offers the promise of fertility in women and virility in men. Hares are closely associated with the moon goddess and they suggest an ability to see the magical in everything. Deer are also viewed as animals of the spirit. Due to the branching nature of their antlers, stags have been linked with the 'tree of life', and are thought to impart intuitive wisdom to those who dream of them.

Goat
Traditionally a symbol of virility, and so if a goat appears in a woman's dream, it can be linked to a lover she desires, or to fertility and procreative power. Similarly, if a goat appears in a man's dream, it attests to the amount of importance he ascribes to his virility and, in context with the rest of the dream, should be interpreted in this way. It can also suggest the ability to 'climb' and survive difficulties, personally or socially. Occasionally it is connected with natural drives which, if they become repressed, are associated with the devil. If the goat is attacking, this may indicate somebody butting into your life or some form of conflict.

Hare
In past cultures, the hare was often given great respect. It stood for intuition, rejuvenation, and resurrection, and thus of the immortal nature of humans. Because of the hare's habit of bounding up suddenly from hiding places, to dream of a hare suggests sudden, powerful intuition. If the hare appears as a supernatural figure giving advice or as a sacrificial animal, it indicates the ability to draw on hidden potential and make great changes in life. On the other hand, dreams about hares and rabbits can also symbolize timidity and inhibition as far as sex is concerned. Having said that, if the hare is running or in flight it could suggest that great changes are about to take place, and a positive change in status, environment, and finance are on the cards. If you dream you are eating a hare, this can suggest envy – yours or someone else's.

There is a legend that a hare breeder has only to tell a hare to kill itself and it will do so, thus showing its capacity for self-sacrifice. Are you making sacrifices at the moment? Are you thinking clearly or doing yourself an injustice?

Hedgehog/Porcupine
If a hedgehog or porcupine appears in a dream, it might indicate that the dreamer, or someone they know, is very prickly, easily offended, or irritated by the remarks or actions of other people. It might also represent a vulnerable part of oneself that is quick to withdraw, but can react by lashing out and hurting others.

Hippopotamus
A dream about a hippopotamus suggests the dreamer is suffering from

feelings of inferiority. Those who dream about a hippo are not satisfied with themselves, physically or mentally. These feelings do not always have a basis in reality but represent how you view yourself. The hippopotamus is considered to be clumsy, ungainly, and fat, and you may also feel this way about yourself. Whether true or not in waking life, this inner feeling of being a loser will hold you back and prevent you from succeeding in life. The dream implies that the image you have of yourself is a figment of your imagination. If you could only shake it off and see yourself in a less critical light, you would feel much better about yourself and be able to attract success into your life. Dreams about hippos can also represent concerns about fertility and childbirth, as the female hippopotamus represents the Egyptian Great Mother, Amenti, the goddess of childbirth.

Horse

Studies show that the animals that most often appear in dreams are horses, along with cats and dogs, and women seem to dream of horses more often than men do; indeed, Artemidorus of Daldis (2nd century ad) lists horses among the most common dreams of women. Some dream interpreters suggest that horses represent male sexuality.

According to Freud, horses symbolize the sexual drive. Jung noted that horse dreams could often be indicative of health conditions. Horses, like dogs, represent urges and passions in ourselves that we have learned to harness or direct, and in general they represent positive things that are about to happen in a dreamer's waking life. Horses suggest the sort of enthusiasm or feelings of well-being that can carry us through the day and through life. Having said that, much depends on the context of the dream; for instance, if the dreamer falls off the horse, this may suggest relating badly to urges and passions and the resulting tension this creates. If the horse is wild, this suggests undirected energy, such as sexual desires which override personal or interpersonal needs.

See also **PETS.**

Hyena

The appearance of a hyena in a dream suggests taking advantage of someone, or being taken advantage of. A dream about an attack by a hyena may foretell an attempt to ruin the dreamer's reputation.

Jackal
Similar to ‘dog’, but a wilder version. The jackal is a cunning scavenger, and as a result is sometimes associated with death. It can also see in the dark, and the ancient Egyptians believed the jackal to be a pathfinder in the underworld – i.e. the unconscious – leading the dead to the other world or enlightenment. Be aware, too, of the pun: there’s a ‘Jackal and Hyde’ inside all of us.

Jaguar
Assertiveness and fierce anger.

Kangaroo
A dream about a hopping kangaroo suggests a problematic relationship, or the potential for problems, if one person spends too much time with other people or refuses to commit. It could also indicate problems with concentration and focus in waking life.

Lamb
The childlike, vulnerable, dependent, innocent, pure part of a person which, Christlike, has the power to defeat evil. A dream about slaughtering lambs will suggest success at the expense of peace of mind. If wolves or dogs are tearing lambs apart, it means innocent people are suffering at the hands of unscrupulous others. A dream about carrying lambs means that the dreamer is carrying the burdens of the people they love happily. If lambskins appear in a dream, this suggests that the dreamer or other people have been deprived of joy and comfort.

Leopard
The leopard’s spots – which can be seen as eyes – represent watchfulness or the need for it. As with all the big cats, leopards in dreams suggest anger, speed, courage, passion, and, in some cases, cruelty.

Lion/Lioness
Generally a positive symbol that suggests physical strength and success in waking life. It can also suggest self-assertion, or the need for this to be

expressed in waking life because of the lion's roar. If, however, the lion is small or injured, or in a vulnerable situation, this could suggest that the dreamer feels that they are in a dangerous place, but also that these difficulties can be overcome with strength and daring. If a lion is chasing you, this is most likely due to a struggle with natural feelings of anger or aggression.

Lynx
Shares the same qualities as all the big cats, with an emphasis on the vigilance and the keenness of the lynx.

Mole
Associated with solitude, seclusion and the avoidance of human company, the mole can represent the attitude of a recluse. It might also indicate problems festering beneath the surface, as in molehills.

Mouse
Suggestive of the mousy, shy, or timid part of the self, dreaming of mice could also suggest small but important developments or subtle changes that can gnaw away at our self-esteem. Dreaming that you are a mouse could mean you feel dull, undistinguished, and lacking in confidence in waking life. The sexual organ which goes in and out of a hole is another association. If a person sees a mousetrap or a mouse caught in a trap, it could mean they need to watch out for people who gossip or take advantage of them.

Otter
Ancient cultures saw the otter as a pure, holy creature, and to see an otter in a dream suggests an ability to adapt to circumstances without 'drowning' and to clearly see what is really going on under the surface of everyday life.

Ox
Very similar to 'bull', with the possible exception that oxen are often castrated, so dreams in which they feature could suggest frustration. Can you recognize the strength of the ox within yourself? Are you engaged in a task that demands great commitment?

Panther

A Christian symbol, representing power to protect against evil. It also suggests anger and fierceness.

Pig/Wild Boar
Pigs are symbolic of a life governed by untamed physical needs and passions; they can also suggest impossible ventures, or inappropriate behavior and neglect of the spiritual side of life. By contrast, among the peoples of the East, a dream about a pig is interpreted as a good dream that attests to prosperity.

Rabbit
The rabbit breeds easily, so in dreams it is often linked to sexuality. It is also associated with the soft, vulnerable part of us that can be easily hurt or hounded. If the dreamer is hunting wild rabbits, this could suggest that they are being criticized, attacked, 'hunted down', or hounded.
See also **PETS.**

Ram
Representing masculine sexual energy, the ram can also indicate a refusal to conform or be part of a group, together with an unconscious desire to lead rather than follow.

Rat
The rat is a symbol of fears and anxieties, or is the diseased or devious part of a dreamer or their situation. It can also represent something which is repulsive in some way. The dreamer may be experiencing disloyalty from a friend or colleague. Other associations are of dirt and squalor, or of time gnawing away at our life and the unacceptable parts of oneself. By contrast, dreaming about a pet rat suggests the opposite: vulnerability and responsibility for caring.

Seal
Dreaming of a seal suggests the dreamer is at one with the life they have chosen to lead. If the seal is wounded, injured, or hunted, the opposite might be suggested.

Sheep

Sheep in dreams represent the aspects of oneself that conforms to social pressures, such as feeling part of a crowd or being herded by others. Dreaming of sheep can also suggest aspects of ourselves that are the same as other human beings, or working hard to accomplish a goal. If the dreamer is caring for sheep, this may indicate a desire to grow spiritually.

Squirrel
The squirrel represents the hoarding aspect of the personality.

Tiger
Similar to the lion in many ways but with an emphasis on uncertainty and unpredictability. For example, tigers in dreams may suggest the possibility of plans changing unexpectedly. It can also warn against trusting a new acquaintance. The tiger can also represent sexuality but, depending upon how it is presented in the dream, a sexuality of uncertain elements – for example, will I be attacked or ignored?

Weasel
The weasel highlights the devious and more dubious side of our personalities.

Wolf
Dreaming of a wolf suggests that the dreamer may be feeling threatened by other people, or may be vulnerable in some situation. The wolf, as suggested by fairy tales like Red Riding Hood, also represents the female fear of powerful male sexuality, and yet might also figure in female sexual fantasies. Wolves are also symbols of repressed sexuality and anger.

Zebra
In dreams, the zebra has much the same significance as the ‘horse’, but with the additional meaning of balancing the black-and-white aspects of the personality into a powerful whole.

ANKLE
See **BODY**.

ANTELOPE

See **ANIMALS**.

ANTS

See **INSECTS AND ARACHNIDS**.

APE

See **ANIMALS**.

APOCALYPSE

End-of-the-world dreams refer to situations in your waking life that are in the process of some kind of radical change, and that change can be emotional. If your dream is post-apocalypse, this suggests the way you feel about something dramatic that has happened is making you feel emotionally drained or hopeless. If you have this kind of dream it can feel unsettling, but your dreaming mind is using these images to show you that change is inevitable; and if there is huge stress because of big changes happening in your life right now, you will survive. You may feel like it is the end of everything, but whenever something ends something else always begins.
See also **CLIMATE CHANGE**.

APPLES In Judeo-Christian belief, the apple denotes sin and temptation because of the expulsion of Adam and Eve from the Garden of Eden after the serpent tempted Eve to eat the apple growing on the Tree of Knowledge. Greek mythology associated the apple with sexual attraction. So if you are married and tempted to bite or steal an apple in your dream, this could represent the attraction of a forbidden affair. Their association with the Tree of Knowledge means that apples may also indicate the self-knowledge and insight gained from experience. On the other hand, they may also symbolize a desire to return to lost innocence.

To see apples growing in a tree in your dream symbolizes wisdom and that well-earned rewards will be gained in the future. Consider also the common phrase, ‘an apple a day keeps the doctor away’; this may imply that you need to take better care of your health. To see green apples represents developing love or love that has yet to blossom. To see a rotten or half-eaten apple in your dream denotes that what you are striving and aiming for may not only be unfulfilling; it may even be harmful to you. A popular image of

the comforts of home and childhood, apple pie probably reflects a desire to return to the security of childhood. Old rivalries and resentments may be expressed if you appear to be served a smaller slice of pie than the others present in your dreams.

See also **FRUIT.**

APPS

See **TELEPHONE**.

APRON

See **CLOTHES**.

ARACHNIDS

See **INSECTS AND ARACHNIDS**

ARCHETYPES 'Collective unconscious' is the term Carl Jung used to describe the part of the unconscious that everyone has access to, a sort of psychic warehouse for all humankind. The contents of this storehouse are called 'archetypes': patterns and symbols that can be found within the unconscious of everyone. These archetypes represent the broad human memory within each of us. They appear as mythical images that occur in every culture throughout recorded history – the images appearing in the dreams of our ancestors are those that speak to us today.

According to Jung, dreams are attempts to guide the waking self. He thought that the purpose of life – and for him, dreams play an important role in it – is to understand and integrate all parts of ourselves; dreams are simply one aspect of the self trying to communicate with the conscious part. Dreams don't disguise the unconscious; they reveal it, through archetypes.

Sigmund Freud disagreed with Jung, as he believed that dreams were disguised attempts to hide, not reveal, true feelings from the waking mind. Freud did, however, recognize a concept of 'archaic remnants', inherited –

rather than learned – beliefs, through which basic emotions and responses are represented. For example, the mother figure is a universal symbol of nurturing and protection.

Today, most dream researchers believe that we are more likely to see archetypal figures in our dreams at transition points in our lives than at other, more stable times. Change generally brings about anxiety and self-reflection. Going from education to the workforce, singlehood to marriage, or childless to parent are some typical archetypal transitions. Many of these archetypes are very familiar to us already, because they can be found in myths, legends, fairy tales, books, and movies: the wicked stepmother, the authoritative father, and the vulnerable maiden. We are as familiar with the superhero in films like *Spiderman* or *Batman* as we are with the character of the dastardly joker or villain. All these characters are archetypes, and enduring representations of basic human qualities, instincts, and experiences.

The first step in analysing an archetype, as with any symbol, is through personal reference. For example, a dream about monsters may refer to our inner fears, but it may also be a carry-over from the horror film you watched the same night. The next step is to take into consideration the other images in the dream, as well as the feelings and general atmosphere.

When archetypes appear in your dreams you will rarely feel indifferent to them and your instinctive response is crucial to the interpretation. Do they make you feel angry, inspired, sad, protective, frustrated, or liberated? Never forget that such images spring from the deepest levels of the unconscious, and it is up to you to discover why they have been conjured up.

Jung contributed to our understanding of dream archetypes with constructs of his own, which some dream researchers find helpful in interpreting dreams. Although Jung believed that there is no fixed number of archetypes which we can simply list and memorize, he did believe that most archetypes are aspects of the following constructs: the persona, the anima/animus, the ego, and the shadow. As you interpret your dreams you might want to consider these constructs along with the other archetypal images suggested in the pages of this book.

See also **ANIMA/ANIMUS.**

Archetypes A to Z

The archetypes listed here are just a few of the many ancient patterns that exist in human consciousness and manifest as symbolic figures, played by

yourself or someone else, in your dreams.

Addict

(DREAM IMAGES: CONSPICUOUS CONSUMER, GLUTTON, WORKAHOLIC, ETC.)
Besides the usual suspects – drugs, alcohol, food, and sex – one can be addicted to work, sports, television, exercise, computer games, spiritual practice, negative attitudes, thrill-seeking, and many other activities. When this archetype appears in dreams, it suggests the need to confront some kind of addiction and restore balance in your life. From a symbolic perspective, the shadow aspect of the addict represents a struggle with willpower and the absence of self-control.

Advocate

(DREAM IMAGES: ATTORNEY, DEFENDER, ENVIRONMENTALIST, LEGISLATOR, LOBBYIST)
The advocate embodies social justice and a sense of devotion to championing the rights of others in the public arena. The shadow advocate manifests in commitment to false or negative causes, or in committing to causes for personal gain. If this figure appears in your dreams, you should ask yourself how much of your life is dedicated to the welfare of others, and a willingness to take action on their behalf.

Alchemist

(DREAM IMAGES: INVENTOR, MAGICIAN, SCIENTIST, WIZARD, ETC.)
The alchemist, wizard, and magician are capable of transforming the ordinary into the extraordinary. Whereas a wizard is associated with magical powers, the magician tends to be seen more as an entertainer. The alchemist tries to turn base metals into gold, but in its highest manifestation, alchemy seeks complete spiritual transformation. The scientist and inventor are associated with advances and developments in human history. The shadow sides of these archetypes are found in the misuse of the power and knowledge to transform people’s lives. This archetype may appear in your dreams if your work or living situation demands that you be especially inventive. On the other hand, it could suggest that you, or someone you know, may be using skills and knowledge for unethical purposes.

Androgynous Being

(DREAM IMAGES: HALF-MAN/HALF-WOMAN, HERMAPHRODITE, TRANSVESTITE)

The symbol of a person who has attained the perfect balance of male and female characteristics, an androgynous being represents the union of opposites, an important idea in Jung's theory. In dreams, this archetype is not so much referring to your sexual nature, but more to the union of your inner and outer world. Your interpretation will depend on how this dream image made you feel; were you relaxed and natural, or did you feel repulsed or confused? The latter suggests disharmony, while the former suggests harmony.

Angel

(DREAM IMAGES: FAIRY GODMOTHER/GODFATHER)

Angels are typically represented as winged beings who intervene at times of great need, or for the purpose of delivering a message of guidance or instruction from God to human beings. Therefore in dreams, angels represent your higher self-image and offer guidance from within, but they can also represent an evil being of similar powers: the fallen angel who has been led astray, or is leading other people astray. Bear in mind, too, that the dream may refer to someone in your life who is an angel because of the loving and nurturing qualities of character that they embody. One may also play the role of a fairy godmother or godfather by helping someone.

See also **ANGEL.**

Artist

(DREAM IMAGES: ARTISAN, CRAFTSPERSON, SCULPTOR, WEAVER, ETC.)

In dreams, the artist archetype suggests the need for self-expression. The shadow artist indicates an eccentric nature and the madness that often accompanies genius. In evaluating your relationship to this archetype, recognize that the need to inspire others in some way – for example through teaching, writing, listening, and encouraging – is as much an expression of the artist archetype as actually holding a brush in your hand.

Athlete

(DREAM IMAGES: FITNESS INSTRUCTOR, OLYMPIAN, SPORTSPERSON, ETC.)

This archetype represents the ultimate expression of the strength of the human spirit as represented in the power and magnificence of the human

body. Athlete dreams should not be interpreted in terms of whether your body is perfect in form and function, but whether you have the willpower and strength of spirit to achieve your goals. The shadow aspect of athletes may manifest in dreams about cheating, suggesting a lack of honor in yourself or someone you know.

Avenger

(DREAM IMAGES: AVENGING ANGEL, MESSIAH, SAVIOR)

This archetype suggests a need to balance the scale of justice in your waking life. Dreams about bringing war criminals to trial, or legally pursuing corporations that harm society, or saving the world from impending disaster are examples of the avenger archetype in action. The shadow side of the avenger manifests in dreams with acts of violence and a burning desire to get even at all costs as their themes.

Beggar

(DREAM IMAGES: HOMELESS PERSON, INDIGENT, ETC.)

Homeless and penniless, the beggar is associated with dependence on the kindness of others, living on the streets, starvation, and disease. It is easy to believe that when this archetype appears in your dreams, the interpretation should be a negative one, but this isn't always the case. People don't just beg for money; they can also beg for attention, love, authority, success, and material objects. Learning about the nature of generosity, compassion, and humility, and understanding what it is you really need, are fundamental to interpreting this dream image.

Bully

(DREAM IMAGES: COWARD, DEMANDING BOSS/TEACHER, GANG OF INTIMIDATING THUGS, SCHOOL BULLY, ETC.)

The archetype of the bully manifests the core truth that the spirit is always stronger than the body, and your relationship to this archetype should be evaluated within a framework far more expansive than evaluating whether you bully people or are being bullied. Consider whether in waking life you are giving up on things and people too easily. Conventional wisdom holds that underneath a bully is a coward trying to keep others from discovering their true identity. If the theme of cowardice or intimidation by a boss, teacher, or gang of thugs appears in your dreams, perhaps your unconscious

is urging you to stand up to being bullied by your own inner fears.

Child

(DREAM IMAGES: CHILD OF NATURE, DIVINE BEING, MAGICAL/INNOCENT, ORPHAN, BEING WOUNDED)

The child of nature archetype inspires deep, intimate bonding with natural forces. Although the nature child is loving and giving, it can also have an inner toughness and ability to survive – the resilience of Nature herself. Nature children can develop advanced skills of communicating with animals, and in dreams reflecting this archetype, an animal often comes to the rescue of its child companion. Such dreams can reflect a compassionate, nature-loving aspect of our character, or the need to stop abusing the environment (understood in its widest sense) and reconnect with nature.

The magical child embodies qualities of wisdom and courage in the face of difficult circumstances. In dreams, it suggests the power of imagination and the belief that everything is possible. If, however, the magic is not put to positive use, the dream image is a negative one, and indicates lack of energy and action in waking life.

The orphan child is the major character in most well-known children's stories, including *Bambi*, *Cinderella*, *Hansel and Gretel*, *The Little Mermaid*, *Little Orphan Annie*, *The Matchstick Girl*, *Snow White*, and many more. The pattern in these stories is often reflected in the dreams of people who feel from birth as if they are not a part of their family or community, or who fear surviving alone in this world.

The wounded child archetype in dreams holds the memories of the abuse, neglect and other traumas that may have been endured during childhood. From a spiritual perspective, a wounded childhood cracks open the learning path of forgiveness. The shadow aspect may manifest as an abiding sense of self-pity, a tendency to blame your parents for your current shortcomings and to resist moving on through forgiveness.

While dreams about children that never grow old reveal a determination to remain eternally young in body, mind, and spirit, they can also suggest an inability to grow up and embrace the responsible life of an adult. Peter Pan is the most obvious example of this archetype – he resists ending a cycle of life in which he is free to live outside the boundaries of conventional adulthood. For women, this archetype may manifest as extreme dependency on those who take charge of their physical security. A consistent inability to be relied

on and the inability to accept the aging process are also markers of this archetype.

Carl Jung claimed that the dream symbol of a child is a metaphor for the forgotten things in childhood. For example, your dream may be telling you that you have forgotten how to play, or that you should take a more innocent, carefree attitude. The symbol of the child also represents possibilities and paves the way for future changes in the personality. In addition, it can also represent the part of you that needs security and reassurance.

See also **BIRTH, CHILDHOOD.**

Clown

(DREAM IMAGES: COURT JESTER, FOOL, TRICKSTER)

If a clown appears in your dreams, ask yourself if you need to bring humor into a situation or carry truth into closed circles or closed minds. Did a clown or trickster try to undermine you in your dream? Did someone you know play a trick on you? Playing pranks is associated with the clown or trickster, who delights in challenging the status quo and rebelling. Although confusing, this attention-seeker is worthy of your attention, as it represents the part of yourself that wants to challenge you out of your complacency. If you listen to the message, the clown can transform your waking life into a more carefree, spontaneous, and happy one.

Damsel

(DREAM IMAGES: PRINCESS, YOUNG GIRL, ETC.)

The damsel in distress may be the oldest female archetype in all of popular literature and the movies. She is beautiful, vulnerable, and in need of rescuing. If this image appears in your dreams, it may suggest your intense desire to be rescued or protected by a loved one; it may also suggest the need to go it alone. When disappointed, a damsel must go through a process of empowerment and learn to take care of herself in the world.

Destroyer

(DREAM IMAGES: ATTILA, MAD SCIENTIST, SERIAL KILLER, SPOILER)

The impulse to destroy and rebuild is archetypal. We are bound to that cycle so that new life can begin. Dreams which have destruction as a theme, or where you or someone else are destroying things or people, often refer to releasing emotions or behavior that are destroying us. It can also represent an

aspect of yourself that destroys relationships or promotes attitudes and opinions that destroy others' dreams or potential.

Detective

(DREAM IMAGES: DOUBLE AGENT, PRIVATE INVESTIGATOR, SHERLOCK HOLMES, SLEUTH, SNOOP, SPY, ETC.)

Positive characteristics of the detective include the ability to seek out knowledge and information that supports solving crimes and protecting the public. The shadow side of these archetypes can manifest as voyeurism, falsifying information, or selling out to the highest bidder. If the detective archetype appears in your dreams, it could be encouraging you to become more inquisitive. On the other hand, it could be questioning your motives for seeking out information.

Don Juan

(DREAM IMAGES: CASANOVA, GIGOLO, SEDUCER, SEX ADDICT)

Although associated with sensuality and sophistication, this archetype represents a man preying on others for the sake of conquest alone. Like the Femme Fatale, if the Don Juan archetype appears in dreams, it can make us aware of falling into sex-role clichés, and misusing the power of romantic attraction and pursuit.

Engineer

(DREAM IMAGES: ARCHITECT, BUILDER, SCHEMER)

The characteristics of the engineer reflect the grounded, orderly, strategic qualities of mind that convert creative energy into a practical expression. This archetype also manifests as a talent for designing solutions to common dilemmas. Are these talents ones you are expressing or need to develop? The shadow engineer manifests as a master manipulator, designing and engineering situations to one's own advantage, regardless of the needs or desires of others.

Exorcist

(DREAM IMAGE: SHAMAN)

Shamans and exorcists conduct rituals for the release of negative spirits, and if this archetype appears in a dream, it suggests a form of possession by destructive or antisocial impulses in oneself or others, and the need to

confront it.

Father

(DREAM IMAGES: PATRIARCH, PROGENITOR)

This dream archetype represents the guiding wisdom that comes from within. A true father guides and shields those under his care, sacrificing his own desires when that's appropriate. The shadow father emerges when that caring guidance and protection turns into dictatorial control or abuse of authority.
See also **FAMILY.**

Gambler

The gambler is a risk-taker who plays the odds. In dreams of winning lotteries and gambling at casino tables it can suggest following hunches, and believing in your intuition, even in the face of universal doubt. To assess whether you are a gambler, review your ability to follow your intuition and what others might consider risky inner guidance. Ask yourself how many of your decisions are based on gut instinct, rather than facts and figures. Alternatively, gambling dreams may refer to the way you are focused on looking for lucky breaks, rather than doing the hard work needed to succeed.

God

The God archetype, whether represented as a deity or a worldly power in dreams, represents the ultimate in male dominance. On the positive side, a God can be benevolent and compassionate, willing to use his powers to help others out of love for humanity. The shadow God easily becomes a dictator or despot, oppressing others with those same powers, or using his physical attractiveness to get what he wants without ever returning the affection he elicits. Such dreams suggest that you have a life-long sense of great power. Are you using this power selfishly or selflessly?

Goddess

The oldest religious tradition on earth may well be Goddess worship, which some archaeologists trace back further than 30,000 years. It was certainly natural to worship the archetype of woman as the source of all life, especially in the age before male warriors replaced her with their combative sky gods. The Goddess archetype in dreams can be inspiring as it embodies wisdom, guidance, physical grace, athletic prowess, and sensuality. If a particular

goddess appears in your dream, study the specific qualities of that goddess and evaluate how much of your sense of self is reflected in one of those patterns. For example, Venus/Aphrodite: love and fertility; Diana/Artemis: nature and hunting; Minerva/Athena: strength, clear thinking; Ceres/Demeter: motherhood; Juno/Hera: queenship and partnership; Proserpina/Persephone: mysticism and mediumship; Sophia: wisdom.

Gossip

The gossip archetype is associated with rumor-spreading, backbiting, and passing along information that is exaggerated, harmful, and intended to disempower. If a gossip or gossiping figures in your dreams, the archetype is connected to lessons of truth, integrity, and honoring the trust another has placed in you.

Guide

(DREAM IMAGES: CRONE, EVANGELIST, GURU, SAGE, SPIRITUAL MASTER, WISE WOMAN)

You do not have to be a professional preacher or guru to have this archetype, as we can all learn to lead others spiritually through developing our own intuitive spiritual awareness and passing on whatever we have learned with genuine humility. If a guide or spiritual master appears in your dreams, your unconscious is urging you to pass your wisdom on to others. Alternatively it can warn against controlling others rather than guiding them.

Healer

(DREAM IMAGES: ANALYST, CAREGIVER, COUNSELOR, NURSE, THERAPIST, WOUNDED HEALER, INTUITIVE HEALER)

The healer archetype in dreams is encouraging you to guide and support others in some way. Alternatively, it could be urging you to heal and transform your pain into a sense of direction and purpose. The shadow of the healer manifests through a desire to take advantage of those who need your help.

Hedonist

(DREAM IMAGE: BON VIVANT, CHEF, GOURMET)

This archetype has an ‘appetite’ for the pleasurable aspects of life, from good food and wine to sexuality and sensuality, and when it appears as a theme in

your dreams, it could simply be urging you to enjoy yourself more. As scientific research has shown, pleasure can improve our health and extend our lives, and needs to be part of a balanced life. The shadow hedonist may manifest as pursuing pleasure without regard for other people or one's own good health.

Hero/Heroine

The hero is a classic figure in ancient Greek and Roman literature, often portrayed as one who must confront an increasingly difficult path of obstacles in order to mature into adulthood. Today this archetype still holds a dominant position in the social mind, and can appear in dreams as a superhero, or similar icon of male and female power. Such dreams suggest that you have within you the courage and determination to face the challenges that lie ahead.

Judge

(DREAM IMAGES: ARBITRATOR, CRITIC, EXAMINER, MEDIATOR)

One need not be an attorney, judge, or critic by profession to identify with this archetype; it can appear in your dreams if you are, or need to be, a natural mediator or are involved in interventions between people. It can also appear if your unconscious requires you to learn justice and compassion. The shadow judge manifests as consistently destructive criticism, judging without compassion or with a hidden agenda. Legal manipulation, misuse of legal authority, and threatening others through an association with the law are other expressions of the shadow.

King

(DREAM IMAGES: CHIEF, EMPEROR, LEADER, RULER)

The king is an archetype that represents the height of temporal male power and authority. He represents the father figure in your life, or the dominant ruling power – the part of you that is in control. Both benevolence and cruelty in their extreme expressions are associated with this archetype. Whether your kingdom is a corporation, community, family, or your own life, such dreams suggest the need to rule compassionately.

Knight

Loyalty and self-sacrifice are the knight's great virtues, along with a natural

ability to get things done. The black knight donning dark armor and riding a black horse represents the shadow characteristics of this archetype, especially the absence of honor and chivalry, or loyalty to a questionable cause. In its negative aspect, the knight can fall into a pattern of saving others but ignoring his own needs. Such dreams may be urging you to find a balance between self-sacrifice and self-neglect.

Lover

This archetype appears not only in the dreams of those who are romantically inclined, but also in anyone who exhibits great passion and devotion. One can be a lover of art, music, gardening, dogs, cats, nature, or needlepoint. Such dreams are related to a sense of affection and appreciation of someone or something, and the need to find or express that passion. The shadow lover figure in dreams of a lover who doesn't turn up or lets us down in some way suggests an obsessive passion that has a destructive effect on your physical or mental health and self-esteem.

Mentor

(DREAM IMAGES: JEDI, MASTER, TUTOR)

Mentors do more than just teach; they pass on wisdom and refine their students' character. In dreams, they represent aspects of yourself you can trust, or people you can rely on. In its shadow aspect, however, the mentor can take on an overbearing attitude that is more about imposing control than imparting wisdom. They can appear, for example, in dreams about people who undermine you or refuse to help you for no good reason.

Midas/Miser

Midas turned everything he touched into gold, including, tragically, his beloved daughter. The archetype is associated with entrepreneurial or creative ability, and appears in dreams where wealth and luxury figures strongly. That Midas was a king symbolically implies that the Midas figure has the power to generate wealth for an entire kingdom, yet is interested only in his personal aggrandizement. Greed is his downfall. For that reason, lessons of generosity are a large part of the characteristics of this archetype. The shadow Midas or miser creates wealth by hoarding money and emotions at the expense of others, and refusing to share them.

Monk/Nun
If a monk or nun appears in your dreams, the positive aspects of this archetype are fairly obvious: spiritual intensity, devotion, dedication, persistence, and perhaps wisdom. Are these qualities you need to develop within yourself? The monk archetype can also suggest the ability to be single-minded, assiduous, devoted to a spiritual path or to any great achievement that requires intense focus. On the shadow side, the role of a religious recluse could be seen as being removed from the real world, overly pious, even privileged in the sense of not having to be concerned about earning a living, or raising a family.

Monster
Your innermost fears or negative attitudes that are seen as larger than you can handle.
See also **NIGHTMARES**.

Mother
(DREAM IMAGES: MATRIARCH, MOTHER NATURE)
The mother archetype appears in many forms – mother, princess, and witch – and is symbolized by the primordial mother, or 'earth mother', of mythology, by Eve and Mary in Western traditions, and by less personal symbols, such as the church, the nation, a forest, or the ocean. According to Jung, someone whose own mother failed to satisfy the demands of the archetype may well be one that spends her life seeking comfort in the church, or in identification with 'the motherland', or in meditating upon the figure of Mary, or in a life at sea. In dreams, mother figures suggest nurturing aspects of ourselves and others, or the need for greater compassion and selflessness; they can, however, also suggest the shadow side, which is overprotection, abandonment, cruelty, and abuse. Bear in mind that the qualities that are associated with this archetype can be expressed in other than biological ways, such as giving birth to books or ideas, or nurturing others.
See also **FAMILY.**

Networker
(DREAM IMAGES: COMMUNICATOR, COURIER, HERALD, JOURNALIST, MESSENGER)
Although networking seems like a very modern skill tied to career

advancement in the media age, it is actually quite ancient. Networking would also have been an integral part of any military alliance as well as all social and clan confederations in prehistory. If a messenger or journalist appears in your dreams, this suggests that you have the skills to bring information – or power – and inspiration to others. The question is, will you use these skills for the good of the group, or for personal gain?

Pioneer

(DREAM IMAGES: EXPLORER, PILGRIM, SETTLER)

The pioneer discovers and explores new lands, whether that territory is external or internal. The passion to explore the South Pole is as much a pioneering endeavor as the passion to explore medicine or spiritual practice. Even initiating new fashions, art, music, or literature may qualify as expressions of this archetype. The core ingredient is innovation – doing and creating what has not been done before. In dreams, this archetype suggests a need to step on fresh and undiscovered territory in at least one realm. The shadow pioneer manifests as restlessness and a compulsive need to abandon one's past and move on.

Poet

The poet combines lyricism with sharp insight, finding the essence of beauty and truth not only in the great epic affairs of humanity, but also in everyday acts and objects. Great poetry extols momentous events and great deeds, and also expresses wonder at the hidden joys and sorrows that most of us might overlook. If you dream you are a poet, or a poet figures in your dream, this suggests the need and the ability to discover beauty in the people and things around you, and to express it in a way that helps others, too, see that beauty. The shadow poet turns his gift for lyricism to negative or destructive effect, as in songs or poems written in support of military aggression or genocide.

Priest

(DREAM IMAGES: EVANGELIST, MINISTER, RABBI, VICAR)

A priest may represent traditional religion with its spiritual rules and regulations. Are you making moral judgments? Alternatively, the priest could represent your own spiritual wisdom. The shadow side of this archetype manifests in lapses of personal morality.

Prince
The true prince is a ruler-in-training who is in service to the people over whom he will rule, whether that is a literal kingdom or a figurative or spiritual one. The shadow prince can manifest as a young man with great feelings of entitlement, or an heir apparent who uses his position solely for self-aggrandizement. Are you dedicated to service, or do you feel that the world owes you a living?

Prostitute
This archetype activates the aspects of the unconscious that are related to seduction and control. Prostitution should also be understood as the selling of your talents, ideas, and any other expression of the self – or the selling-out of them. This archetype is universal, and in dreams it relates to the need to birth and refine self-esteem and self-respect.

Queen/Empress
Freud believed that the king and queen represent the dreamer's parents, while a prince or princess represents the dreamer. The queen is a symbol of power and authority in all women. She may also stand for the unconscious, intuition, nature, and the instincts. Jung saw royal figures as representations of the animus and anima – the male and female principle – and the queen personifies the feminine forces within the psyche, the unconscious feeling for life. The shadow queen can slip into aggressive and destructive patterns of behavior, particularly when she perceives that her authority or capacity to maintain control over the court is being challenged. The ice queen rules with a cold indifference to the genuine needs of others – whether material or emotional. The queen bee is a mixed image – the astonishing ability to power the entire hive without leaving her 'chamber', yet at the cost of enslaving the rest of her community.

Rebel
(DREAM IMAGES: ANARCHIST, NONCONFORMIST, PIRATE, POLITICAL PROTESTER, REVOLUTIONARY)
The rebel in a support group can be a powerful aid in helping the group break out of old tribal patterns. In dreams, it can also help you see past tired preconceptions in your field of professional or creative endeavor. The rebel can also lead you to reject spiritual systems that do not serve your inner need

for direct union with the divine and to seek out more appropriate paths. The shadow rebel, conversely, may compel you to rebel out of peer pressure, or for the sake of fashion, and so become mired in another manifestation of conformity.

Seeker

(DREAM IMAGES: NOMAD, VAGABOND, WANDERER)

This dream archetype refers to the search for wisdom and truth wherever it can be found. The shadow side of the archetype is the 'lost soul', someone on an aimless journey, without direction, ungrounded, disconnected from goals and others.

Servant

(DREAM IMAGES: INDENTURED SERVANT, SLAVE)

To dream that you are a slave suggests that you are not taking charge of your own life. Have you become so consumed by the needs of those around you that you have lost all focus on the value of your own life?

Student

(DREAM IMAGES: APPRENTICE, DEVOTEE, DISCIPLE, FOLLOWER, PUPIL)

The student archetype suggests an open mind and the ability to absorb new information as an essential part of one's well-being. The shadow student usually manifests in learning all the tools of the wrong trade or misusing the knowledge learned. The shadow can also show up as the eternal student who never embarks on the sea of life in earnest, but manages to find ever new reasons to continue being schooled without ever putting that knowledge to the test.

See also **SCHOOL**, **WORK**.

Teacher

Teaching is the art of communicating knowledge, experience, skill, and wisdom to another. Teaching, or offering instruction of any kind, can manifest through parental guidance, business apprenticeship, or by inspired instruction in ethics or kindness. If this archetype appears in your dreams, it can suggest that others seek you out for the richness of your experience or that you need to seek out someone or something to teach you the ropes. The shadow teacher manifests as a desire to manipulate or abuse those you are

instructing, and to be more concerned with recognition than with imparting knowledge.

Thief

(DREAM IMAGES: BURGLAR, CON ARTIST, PICKPOCKET, ROBIN HOOD, SWINDLER)

Symbolically, theft can take many forms, including plagiarism, stealing ideas and even affection. If the figure of a thief appears in your dreams or you become a thief, it suggests that you may be taking what is not yours because you lack the ability to provide for yourself; you therefore need to learn self-respect. This archetype prods you to learn to generate power from within.

Victim

When we become a victim in our dreams, it can be a tremendous aid in letting us know when we are in danger of letting ourselves be victimized, often through passivity, but also through rash or inappropriate actions. It can also help us to see our own tendency to victimize others for personal gain. In its shadow aspect, the victim shows us that we may like to play the victim at times because of the positive feedback we get in the form of sympathy or pity. Our goal is always to learn how to recognize these inappropriate attitudes in ourselves or others, and to act accordingly.

Warrior

(DREAM IMAGES: AMAZON, CRIME FIGHTER, GUNSLINGER, MERCENARY, SOLDIER OF FORTUNE, SAMURAI, SOLDIER)

The warrior archetype represents loyalty, physical strength and the ability to protect, defend, and fight for one's rights. To be unbreakable and to fight to the death is a large part of the warrior archetype, which is also associated with the passage from boyhood to manhood. Such dreams appeal to our fantasies of independence, and the power to defend ourselves and right wrongs. The shadow warrior distorts or abandons ethical principles and decency in the name of victory at any cost. The warrior archetype is just as connected to the female psyche as to the male. In today's society, the warrior woman or Amazon archetype has emerged in its glory once again through women who liberate and protect others, especially women and children who need vocal and financial representation. The concept of the spiritual warrior directs us to use the classic warrior virtues of heroism, stoicism, and self-

sacrifice for conquering the ego and gaining control of our inner lives.

ARCHITECT
See WORK.

ARGUE Clear indication that you are feeling conflict about some aspect of your life and that you are perhaps not releasing or expressing these feelings of conflict in your waking life.

ARM
See BODY.

ARMOR If you are dressed in armor in your dream, do you need to protect yourself against something or someone? In donning such heavy attire, you are better protected but you also restrict your movement; perhaps your unconscious is telling you that it might be better to open up about what is troubling you, instead of keeping it a closely guarded secret. If chains feature alongside the armor, this is a symbol of enslavement and unhappiness with your current commitments. If your chains break or are broken, this is a positive sign.

ARREST If you were arrested in your dream or someone else was arrested this suggests the need for some kind of restraint in your waking life or a fear of authority.

ART Dreams of the creativity of artistic endeavor are as common as action and adventure dreams. Whether you dream of composing a symphony, painting a masterpiece, writing a best-selling novel, singing in an opera or designing a scrapbook, such dreams with yourself in the artist's role represent the creative or intuitive side of your nature. You may feel a need in waking life to express yourself in some way, to be more creative or to enjoy public recognition. If you are meeting an artist in your dreams, this suggests that you are becoming aware of an aspect of yourself that is creative. If, however, you are watching another artist at work, this suggests that you are recognizing artistic or creative ability in yourself but remain passive about it.

Dreaming of creating something will be less significant if you are a naturally creative person than if you are not. If you have never been artistic or worked with crafts, dreaming that you are a potter making a pot – or an author completing a novel – may carry the implication that you should do so, or at least be more imaginative and creative in your waking life.

ARTIST To dream that you are an artist painting a picture is a reference to the creative and intuitive side of your character. The dream alerts you to talents that you may not know you have. It urges you to recognize the artist within, that aspect of yourself that is in contact with the irrational, creative side of your unconscious.
See also **ARCHETYPES**.

ASHES If you were raking over the ashes in your dream, upon which aspect of your past are you reflecting? Ashes in a dream often indicate penitence and sorrow, and the feeling that there is nothing more than can be, as the ashes or memories are all we have left. The important thing now is to learn from the experience. And bear in mind that your unconscious may also use the dream images of smoke, ember, and ashes to warn you that you are at risk of physical or emotional burnout.

ASS
See **ANIMALS**.

ASSASSINATION
See **MURDER**.

ASTRONAUT
See **SPACE**.

ATHLETE
See **ARCHETYPES, WORK**.

ATOM BOMB An atom bomb in your dream may be a symbol of the end of one way of life and the beginning of another. It may also represent fear of

the irrational forces of life and feeling at the mercy of external and uncontrollable forces, or a lack of compassion and disregard for life.

ATTACK/ATTACKER If you are being attacked in your dreams, this suggests you are feeling threatened in some way, perhaps by your own impulses, or perhaps by other people and their attitude or remarks to you. If you are the attacker in the dream, who or what are you attacking? Attack is almost always a form of defense, so may also suggest defensiveness about some issue in, or aspect of, your life. There is also a positive side to attack, as new ideas and positive changes can threaten our old way of life and habitual way of thinking about things. If you are attacked by an animal in your dream, this suggests anxiety about aggression in yourself or other people. If you are attacked by a shadowy or frightening figure, this may depict feelings of fear and pain associated with the past. How you deal with the attack is important. If you run from it, the trauma is not being dealt with in waking life.

Dreams in which your anger turns into violence and you start attacking someone usually suggest hidden hostility toward someone or something in your waking life. If you do find yourself punching, kicking or fighting with someone in your dream, try to think about what triggered the violent attack. It is possible that your dreaming mind conjured up the image of an attack as a safety valve through which you can release your frustration. Another interpretation suggests that dreams in which you inflict violence on someone or something may be prompted by a sense of helplessness or resentment in waking life. Perhaps there is someone whose authority you find powerless to resist? If this is the case, your dream may be compensatory by allowing you to exact revenge against the person or object of your resentment. It is also possible that your unconscious was encouraging you to stand up for yourself.

Alternatively, dreams which feature violence can symbolize your hidden desire for power and control in waking life. When interpreting this dream, try to identify whether the target of the violence represented an aspect of yourself, particularly if the victim was a stranger. Or could your unconscious have conjured an archetypal image of the stranger to bear the brunt of your anger?

ATTIC To see an attic in your dream represents past memories and experiences. It can also highlight family patterns of behavior and attitudes

that have been handed down to you. To see a cluttered attic is a sign urging you to organize your mind and thoughts, but an overly neat attic may suggest an approach to life that is too formal and timid. Ghosts in the attic represent memories that haunt you, while a jumble of unused clothes and equipment reflects unused energy. In some cases, particularly those in which your dream attic is radiant and heavenly, your attic may represent your higher self but in general, such dreams refer to stored material. Whatever your dream attic contains, consider it a clue to making your present circumstances more rewarding.
See also **HOUSE.**

AUCTION If an auction figures in your dreams, what was the identity of the object you, or others, were bidding for? Was it a position at work? Was it for a lifestyle change? Was your bid too low or too high, or did you pay more than the object was worth? If so, should you re-evaluate your ambitions in waking life?

AUDIENCE To dream that you are in front of an audience suggests that people you know in waking life are paying close attention to your actions. It could also refer to your fear of having your private thoughts and feelings discovered or revealed. If you are part of the audience, you need to pay attention to the plot of the play. Symbolically, the stage is a representation of your own life play. By observing and being objective about the action being played out, you can gain a new perspective on your life.

Who is the audience in your dreams when you receive or don't receive recognition? Who is there to see you succeed or fail? How does their presence make you feel? Scared? Supported? Distracted? Proud? Are they cheering you on? Or are they holding you back? Typically the people we choose to watch and comment on our progress in dreams are those authority figures who exist in both our waking life and our memories. Parents and family members tend to be the most persistent authority figures in dreams about success and recognition. It is up to you to work out how much their values and dreams guide and nourish you, and to what extent they keep you from the finishing line. How often does your boss or a work colleague or an old teacher or friend from school appear in your dreams? Chances are when they do, your dreams are about proving yourself.

Is your partner there cheering you on, or are they absent? Which friends are there to watch your moment of glory in your dreams? If it is someone who hasn't been in your life for years, what do they stand for? We all have authority figures in our dreams and in our lives. They are necessary because they each represent something important. They can guide us, warn us, and give us the feeling that we are supported. On the other hand, they can also undermine us, hold us back when we need to be moving forward, or drive us harder toward impossible to reach goals.

AUDITION If you are attending an audition in your dream, this could refer to feelings of insecurity about expressing yourself in waking life. You may also feel as if you are being put to the test in some way, or that you are in a vulnerable situation. The response of the audience will reveal how you feel others perceive you.

AUNT For Jungians, an aunt may represent the anima (feminine aspect) of a male dreamer and the uncle the animus (masculine aspect) of a female dreamer. Uncles and aunts in dreams can also be symbols of your unconscious feelings toward your mother or father. The most general characteristic of dreams that feature your aunt is that they depict an aspect of yourself. For many people an aunt is a role model, so if she figures in your dream, she is commenting on the success or failure of certain strategies you may be using in your waking life.
See **FAMILY**.

AUTOPSY To dream of examining a dead body suggests a need to look within yourself or to search your past experiences for answers or insight. Alternatively, your dream could be urging you to examine what part of you has died or stopped functioning.

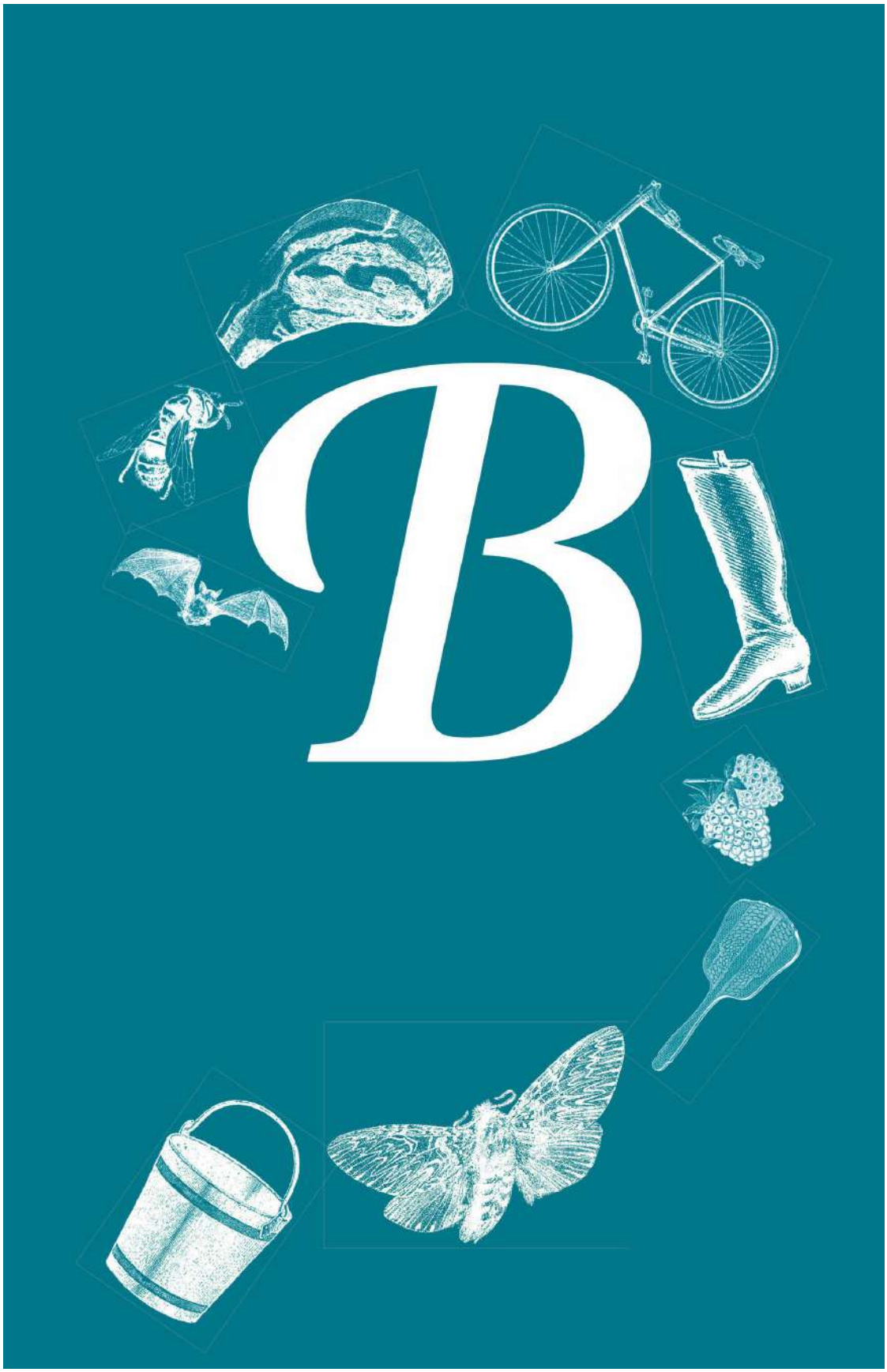
AUTUMN Dreams dealing with the autumn mean that a series of ups and downs may be experienced, but the transformations that are felt may be crucial to your personal growth. This time may represent a maturing of your ideas. It is also a time when one cycle ends and trees bear fruit, so it may suggest the fruition of a plan. Autumn may also symbolize middle age. Bear in mind, too, that Keats' 'season of mists and mellow fruitfulness' conjures

up images of poetry even in dreams. If you dream of autumn, your dreaming mind is urging you to reap what you sow and appreciate your blessings.

AVALANCHE This dream may refer to oppressive forces within your waking life that are threatening to overwhelm you – an avalanche of responsibility, for example, that accompanies the birth of a new child. Therefore if you dreamed of an avalanche, your unconscious is warning you that the foundations of your waking life are under threat. Or maybe you just feel snowed under by responsibilities, or overwhelmed by the avalanche of work your boss requires of you? If you dreamed of being caught in the middle of an avalanche, this suggests you are feeling overwhelmed by circumstances, but if you witnessed an avalanche, you are currently experiencing a destructive force in your life. The dream is urging you to assume control and take precautionary steps to protect yourself from danger. An avalanche dislodges snow and ice, so your dream may have expressed your fear of someone else's hostility or emotional coldness, and the impact this has in the real world. Snow is white (the color of innocence), so you should also consider whether you are disguising some action in waking life.

AX This can be both creative and destructive, as it is often used to separate the valuable from the worthless. An ax or hatchet can be a symbol of emotional readiness to cut out dead wood so you can free yourself from whatever is holding you back. If the ax belongs to an executioner, do you have a tendency for excessive self-criticism?

See also **WEAPONS**.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BABY If a baby is born or appears in your dream, were you the proud parent? If you were, this suggests a budding talent or creative potential that is just emerging. If you give birth to two or more babies, this may symbolize groups of ideas or personal talents. On the other hand, it could also suggest that you need to lavish extra care and attention on your 'brainchild' if it is to be a success; if the dream baby is premature, this message is stressed further.

If you are looking after someone else's baby in your dream, it could indicate that in waking life you feel as if you have been left 'holding the baby' in some way. Did you enjoy holding the baby or feel panicked by the responsibility? If you felt anxious, maybe you are worried about the responsibility that has been placed upon your shoulders in waking life. Pay attention to the behavior of the baby. If the baby is happy, this suggests that you are fulfilling the needs of your brainchild, but if the baby is distressed, this suggests that your idea, project, or talent isn't being developed or cared for.

If you lost or injured a baby in your dream, this can suggest a loss of confidence on your part and an inability to put in the hard work required to see a project to completion. If you are the parent of a young baby and you have this kind of dream, it could indicate that you are finding it hard to cope with the demands and responsibilities of caring for a baby in waking life. Your unconscious could also be highlighting your sense of guilt about not being a perfect enough parent, and your desperate need for time to yourself.

If, however, procreation in waking life is not at the forefront of your conscious mind, dream babies may be an expression of an unconscious counterpart trying to acquaint you with the baby, or your own inner child, within. This is an aspect of yourself that is dependent on others for financial or emotional support, or the part of you that longs to be reborn and relive your life again. Or perhaps this 'baby' is a part of the personality or aspect that has not been 'born' or expressed before. If your dream baby is born with an adult body and a baby head, this suggests an approach to life that is still

immature. If your dream baby is born with a baby body and an adult head, it suggests adult intellect but emotional and sexual immaturity. If the baby is beautiful, gifted, or remarkable in some way, this represents the emergence of personal insight and previously unconscious elements of yourself.

A baby boy in your dream suggests the birth of a new phase of self-expression and new activities and achievements, whereas a baby girl suggests new aspects of feeling and relationships with others. If the baby is crying, this indicates that your fundamental needs for love, support, comfort, and happiness are not being met. Is there something distressing you at a feeling level that you are not acknowledging? If you drop a baby in your dreams, this suggests carelessness in dealing with your basic needs, especially as it concerns connection with others. It can also refer to a mistake or missed opportunity, or a feeling that someone has dropped or lost interest in you. If the baby is smiling, this suggests a deep level of comfort, security, and satisfaction.

BABY ANIMALS

See **ANIMALS**.

BABYSITTER If you see a babysitter or nanny in your dream this may indicate that you lack confidence in your ability to handle things yourself.

BACK

See **BODY**.

BACTERIA Fear of being influenced in some way by other people. In dreams, the presence of bacteria, germs, and viruses also suggests hidden attacks that can weaken or destroy your sense of well-being. They might suggest anxieties about your health or simply reflect a sense of inadequacy in waking life. The word ‘germ’ can also be used in its positive sense as the beginning stages of something, the point at which great growth can occur. If you dream of bacteriological warfare, it suggests the undermining of your personal or social well-being. Any form of infection or virus in a dream might be symbolic of ideas or thoughts that cause irritability or anxiety in waking life, or might be indicating that you are taking in negative attitudes from others to the detriment of yourself. Such dreams may also be a warning

about your physical health and the need to boost your immunity.

BAD DEEDS Any negative action in your dream is typically a reflection of negative feelings about yourself or something or someone in your waking life. According to Jung, negative actions in dreams symbolize the shadow or dark side of your nature. The shadow is everything that you are repressing or denying, the hidden side of yourself that you refuse to recognize. By conjuring up such images in your dream, your unconscious is urging you to bring these hidden feelings into the light of day so that they have less hold over you, otherwise you are in danger of projecting this 'other self' onto other people.

Dreams about violence, crime, and other actions may not only reveal your inner feelings about yourself; they may also reveal your feelings about the situation around you or, in some cases, your feelings about other people in your life. The type of negative action highlighted in the dream will be worthy of your attention if you are to fully understand yourself and your situation. Although disturbing, and unfortunately more common than positive actions in dreams, dreams in which the action focuses on bad or negative feelings, words, and actions are seldom predictive, so you don't need to worry that the horrifying events will be repeated in your waking life. Recurring dreams of committing rape are a different concern, suggesting violent urges that are in danger of spilling over into your waking life. If this is the case, professional therapy or counseling is strongly recommended.

BADGER

See **ANIMALS**.

BADGES

See **BUTTONS**.

BAGGAGE
See LUGGAGE.

BAKER
See WORK.

BAKING
See FOOD.

BALCONY To dream of a balcony suggests a need for an objective viewpoint. You need to take a step back, move away from involvement and try to see the bigger picture; it may also suggest a need for sunshine and relaxation. For lovers, to dream of saying sad adieus on a balcony signifies passionate attachment to each other. Alternatively, the balcony is a classic Freudian symbol of women's breasts; if you dream of standing on a balcony, it might represent a wish to return to your mother's breasts.

BALDNESS If you are bald in your dream or see someone who is bald, this could highlight intelligence but it can also highlight anxiety about getting older or not thinking you are intelligent enough.

BALL/BALL GAMES These suggest challenge and competition in the game of life, but they can also be associated with aggression or sex, as in a man's balls.
See also TEAM GAMES.

BALLET If ballet or ballet dancing appears in your dream, or if you are performing ballet, this suggests a search for poise and balance in your waking life. The ballet dancer symbolizes music and the inner aspect of feeling. You may be aware of the creative side of yourself and feel the need for controlled movement to express it. Dreams of ballet may be wish-fulfillment if becoming a professional dancer was, or is, your dream; alternatively, they may refer to losing or keeping your balance in some waking situation. They may also be encouraging you to persevere with artistic skills, or they may be

a general comment on your attitude to work that demands discipline.

BALLOON This image suggests there may be something to celebrate in your waking life. It is also associated with new projects that need life breathed into them, or the fear that everything may suddenly deflate. If a balloon is released this suggests the testing of an idea or letting go of someone or something important in your life and a desire to coast along for a while.

BANANA A dreamtime banana is usually interpreted as a symbol of an erect penis, but it may also be reminding you of an area of your life you may have been denying, or suggesting that you are too easily shocked. Dreams of peeling a banana may have a considerable erotic charge. A banana skin lying in your path on the ground in your dream may represent your misgivings about taking a particular course of action.
See also **FRUIT**.

BANK Banks and vaults in dreams represent your psychological potential. Your unconscious may be urging you to start using your inner reserves and energy rather than locking your talents away. On the other hand, your dream may simply be highlighting your need for financial security. If you dream of robbing a bank, it may suggest that you are depleting your inner resources. If, in your dream, you were depositing money in a bank, this suggests feelings of security in waking life, although such a dream may also contain an element of wish-fulfillment. Banking in dreams can refer to something you are storing within yourself; perhaps you are withholding emotion or important information.

BANKRUPTCY Dreams in which you are bankrupt or heavily in debt may reflect real-life financial concerns, but there are other explanations that have little to do with money. A dream debt may, for example, be a debt of gratitude that you need to pay to someone. Is there someone to whom you feel indebted? Dreams of going bankrupt or ending up in poverty often refer to the loss of personal qualities rather than to financial disaster. Ask yourself what your lost finances could symbolize: the love of your partner, for example, the respect of your colleagues at work, or your own physical

energy. Whatever it is you have lost, your dreaming mind is urging you to take the appropriate steps to prevent a breakdown or crash in your waking life.
See also **MONEY**.

BANQUET If you were attending a banquet or feast in your dream this suggests you may be feeling comfortable with yourself and your life right now, but if you were being force-fed or the food was taken away, the opposite is true.

BAPTISM To dream of being baptized suggests a new influence is entering your life. You are leaving old attitudes behind and opening yourself up to new possibilities. Is there an idea or a concept that is about to be presented to an appreciative audience? Or perhaps your unconscious is urging you to transform your mindset radically and make positive changes to your lifestyle? If godparents appeared in your dream, were they people you knew? If they were, perhaps your unconscious is suggesting that they are the ones you should turn to for help. If you didn't know who they were, you should seek out the necessary help and support.

If you are baptizing someone, this means you are ready to pass on your knowledge to others. There is also a possibility that you may be having religious beliefs imposed on you if you have this dream. Baptism is symbolic of many things: rebirth, regeneration, and renewal, and the common theme for all these is the sense of optimism surrounding them. If you are a Christian, baptism is associated with a washing away of original sin and the start of a new life as a Christian; your dream may have been denoting your wish to be reborn or – depending on who is being baptized or christened – your desire for someone else to undergo a transformation of some kind. On the other hand, your unconscious may also be recalling a baptism you witnessed in waking life.

BAR In dreams, bars, pubs, and taverns are places in which you can overcome your inhibitions. What is the atmosphere like? If it is friendly, your dreaming mind may be urging you to overcome your isolation. If the atmosphere is pleasant and upbeat, this suggests you are feeling optimistic about your future, but if drunkenness or a brawl occurs, are you about to boil

over with uncontrolled anger, or is a situation in your waking life getting out of control?

BARBED WIRE Hurtful remarks are preventing you from moving forward and reaching your potential.

BARBEQUE

See **COOKING**.

BARBER

See **HAIRDRESSER, WORK**.

BARK

See **TREES**.

BASEBALL

See **TEAM GAMES**.

BASEMENT Even though basements are becoming less common in newly built houses, they are still common in dreams. To dream that you are in a basement symbolizes being deep down in your unconscious mind, in the psychological ‘storage space’ where you sort through things you are finding hard to understand. A basement is the place where you’ve shelved aspects of yourself that aren’t matching your ambitions in waking life. A basement can also indicate the power that is available to you provided you are willing to make use of it, or the way in which your current attitudes are derived from past assumptions and family legends.

To dream that the basement is in disarray and messy signifies some confusion which you need to sort out. It may also represent your perceived faults and shortcomings. Wine is traditionally kept in the cellar and the contents of your unconscious can similarly harbor special treats that you can bring out on special occasions. Try to decide if your dreaming mind took you into the cellar to confront an issue in your life or to make good use of talents you have been suppressing.

See also **HOUSE**.

BASKETBALL
See TEAM GAMES.

BAT
See ANIMALS.

BATH/BATHING
See CLEANING.

BATHROOM To dream that you are in the bathroom relates to your instinctual urges. You may be experiencing some sort of burdensome feelings and need to 'relieve yourself'. Alternatively, it may symbolize purification and self-renewal; you need to cleanse yourself, both emotionally and psychologically. To dream that you cannot find the bathroom signifies that you are having difficulties in releasing and expressing your emotions. You may also have overcommitted yourself and are neglecting your own needs.

According to Freud, bathroom dreams are associated with what he called the anal phase of a child's psychological development. In Freud's opinion, if parents didn't handle their children's potty training well it might mean that these children feel shame about these natural functions and become 'anally retentive' in their adult life. The act of excretion in a dream can therefore suggest expression and creativity that might have previously been repressed before; to dream of constipation may stand for frustration and pent-up rage. Jungians regard bathroom dreams on the one hand as indicating a need for self-expression, on the other as anxiety about our public image. Going to the bathroom in a dream may simply show your desire to rid yourself of something that contributes nothing to your well-being in waking life. To see an overflowing toilet bowl in your dream denotes your desire to express your emotions fully. Dreams featuring problems with the bathroom – such as being too dirty or having a broken toilet seat – can indicate that you want to eliminate waste material but are frustrated in some way. Such dreams may be urging you to clean yourself up emotionally. If, however, your dream bathroom is a pleasure to use, this may represent healthy self-expression and the symbolic release of outdated aspects of your life. Bear in mind, too, that your dreaming mind may simply be calling your attention to your actual physical need to go to the bathroom while you sleep. Your unconscious

dream recognizes your need and uses your dream to wake you up. On the other hand, if you are happily or defiantly going to the bathroom in front of a large audience, this may suggest anger at your lack of popularity or approval from others.

Plumbing problems in your dream bathroom may reflect trouble in processing your feelings. Do you feel swamped right now? Flooding in the bathroom suggests emotions that are both out of control and out of character. See also **EXCREMENT**, **HOUSE**.

BATTERY This suggests the energy or resources available to you and problems with the battery may depict poor health or even heart problems. If the battery is dead motivation is low or resources are run down.

BATTLE/BATTLEFIELD

See **WAR**.

BEACH A dream in which you are lying sunning yourself on an idyllic beach with rolling sand, gentle waves and warm tropical sunshine may represent simple wish-fulfillment and a longing to escape the daily grind of your routine and responsibilities. Another interpretation, the Freudian one, suggests that events on dream beaches can highlight your anxieties. For example, dreams of burying any authority figure in the sand may be symbolic of the Oedipal murder of the father figure, while castration may be represented by tall sand castles being washed away by the incoming tide of the feminine or maternal sea. If you dreamed of taking a dip in the sea, pay attention to how you felt.

Beaches are places where water meets the earth, or, in symbolic terms, where the unconscious meets the rational mind. If you dream of emerging from the water, for example, this may signal an end of a period of emotional conflict in your waking life. Do you feel emotionally stronger or emotionally battered by the experience? If you stayed on the shore, do you prefer to remain on the firmness of land and reason, rather than venturing into the perilous depths of the sea or the unconscious mind? Bathing while on vacation lends itself to a Freudian interpretation as a dream symbol of birth or of the desire to return to the mother’s womb. If the sea washed away your footprints in the sand in your dream, is there something in your past from

which you wish to move away so you can make a fresh start? If the sand in your dream starts to shift so you lose your footing, could this mirror a concern that the foundations of your life are about to give way?

Vacation dreams can often contain romantic scenes in an arbor or other sheltered retreat such as a cave. Such dreams can suggest a longing for romance but they can also suggest frustration with aspects of your current relationship or love life, as well as a need for adventure and freedom of responsibility from daily chores. If you dream of a vacation from hell in which you are given poor accommodation, are double-booked or experience terrible weather or food, such a dream can warn against over idealism. It also suggests that negative thinking and pessimism will destroy the quality of your life if you allow them to continue. In dreams, desert islands may be symbols of loss or a general sense of emotional insecurity. Alternatively, they may also express a yearning for solitude, clarity, simplicity, and time alone to reflect and work out your priorities.

See also **SEASIDE**.

BEAR

See **ANIMALS**.

BEARD If a beard appears in your dream, this suggests feelings about masculine qualities within yourself. If the beard is cut off, it suggests uncertainty or lack of assertiveness while a long, thick beard suggests the opposite. Hairs can the chest or other parts of the body can also indicate male characteristics or expressions of sexuality.

BEAST

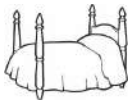
See **ANIMALS**.

BEAUTICIAN

See **WORK**.

BEAVER
See **ANIMALS**.

BED In dreams bed symbolizes intimacy and relationships, but also your need to get away from the world and withdraw into yourself to enjoy healing rest. Sometimes they represent sleep and dreams but consider also the well-known saying: ‘you’ve made your bed, now lie in it.’



See also **FURNITURE**.

BEDROOM To dream that you are in a bedroom signifies aspects of yourself you like to keep private. This room is where you rest, where you retreat, and where you sleep and dream. Bedrooms also suggest sex, love and romance, but typically reflect aspects of your life that are private to you alone.
See also **HOUSE**.

BED-WETTING This suggests anxieties over lack of control in your waking life.

BEE

See **INSECTS AND ARACHNIDS**.

BEER
See **ALCOHOL**.

BEETLE

See INSECTS AND ARACHNIDS.

BEGGAR In dreams, beggars are symbols of low self-esteem as they depend on others for support. They may also represent a form of self-abasement and can remind you of the vanity of material concerns. Beggars, hobos, and vagrants may also send a caution that you need to change some aspect of your life or you too might end up with nothing. In most cases, this nothing will not refer to material concerns but rather to emotional loneliness or to the fact that you have starved a part of your personality into destitution. The clue may lie in the identity of the beggar in your dream. If the beggar is someone you know, have you been denying that person affection? If, however, the beggar is unknown, then perhaps you have been neglected your essential need for stimulation or affection in waking life.

Tramps share a similar symbolism to beggars but also represent a desire for freedom from routine; gypsies are a more powerful representation of this yearning for change, travel, adventure, and a change of routine. The appearance of a dream fortune-teller may suggest unexplored creativity.

See also ARCHETYPES.

BEHIND (SOMEONE) To be behind someone in your dream suggests feelings of inferiority.

BEIGE

See COLORS.

BELL Hearing a doorbell in your dream indicates something new coming into your life; this can be negative or positive, depending on the dream. It could also suggest the desire to hear from someone or make contact with them.

The ringing of an alarm clock in a dream indicates the need to get up and do something; it may also be a reminder of something or someone you have neglected. The ringing of a school bell or the timer on a cooker, kettle, or any kitchen appliance in a dream may also be prompting you to move forward with an idea or gain a new experience in the world. If you are undecided

about whether to commit to a person, dreams in which bells feature or you hear bells chiming appear to be hinting at marriage or a deeper emotional commitment. You may, for instance, have a dream in which the door bell rings and your prospective husband, wife, or partner is at the door. Pay attention to your feelings in the dream as they can help you see your potential partners and your feelings for what they really are. So if you have a feeling of dread when the door bell rings, this probably is not a good sign.

BELOW

See **POSITIONS**.

BELT

See **CLOTHES**.

BEREAVEMENT Dreams in which you woke up crying or feeling sad because you have had a dream in which you were bereaved can be a cathartic experience, helping you work through grief toward accepting the loss of a loved one in real life. If, however, you were grieving for someone who is still alive and healthy in your dream, have you neglected your responsibilities toward that person, or is your dreaming mind using the death of a loved one as a symbol of something that needs to end in your waking life? What is it about you or your life that the deceased person in your dream could be representing? Inhibition or recklessness, perhaps? Or could the deceased represent a quality that has departed from your life, such as fun or relaxation? You may also fear that your relationship with this person might actually end in waking life. Whatever the identity of the deceased person, dreams of being bereaved also bring up issues of loneliness. Perhaps you feel that your partner is neglecting you, or you feel you are losing touch with your friends. Such dreams may be urging you to make a conscious effort to reconnect with other people.

A house is often interpreted as a symbol of the dreamer and represents the place from which you withdraw to live your inner life. A dark, cold, or empty house can symbolize a profound sense of loss, suggesting that you feel deprived of emotional warmth. Images of ashes and dust in dreams are also often associated with the loss of a treasured person or thing in waking life. If you dream of an empty purse, you are mourning – through a classic symbol

of death and bereavement – for the comfort and happiness we all crave. On a literal level, however, it may signify that you overvalue material things in life.

BERRIES There are many berries that can appear within a dream, but they all possess significantly different meanings. Raspberries suggest that a dangerous but entertaining relationship may be on the horizon. If you are eating raspberries in a dream, it may be a reference to some sort of distress that you will feel because of unkind words that may be floating around about you. Blueberries in a dream refer to the dreamer's youth, as well as to a desire to return to youthful ways. Blueberries are also a symbol of eternity and an optimistic future. If you are gathering gooseberries in a dream, you will experience happiness in the future. To dream of mulberries represents an illness that may prevent you from achieving the goals that you have set for yourself. If you are eating mulberries in a dream, you may be experiencing bitter disappointments in life. The delicious strawberry is a symbol of both temptation and sensuality.
See also **FRUIT**.

BESIDE
See **POSITIONS**.

BETRAYAL To dream that you have been betrayed represents your suspicions about a particular person, relationship or situation. This dream often occurs when you are having feelings of insecurity and are faced with major responsibilities in your life at the same time.
See also **CHEATING**.

BETROTHAL
See **RELATIONSHIPS**.

BIBLE A symbol of what you hold true or traditional moral standards. Also religion or the way you feel about religion.

BICYCLE/CYCLING For many people, riding a bike was the first

experience of mastering a skill and gaining independence, so it can represent youthful enthusiasm or a yearning for a life without responsibilities. It can also suggest growing emotional and sexual confidence and the desire to control your own destiny or power your own progress in the world. How well you ride the bike suggests how you feel about your place in the race of life. The speed of the bike is significant, as it will suggest how strong your desire for independence is. If you fall or lose your balance, you may lack confidence. If you ride the bike downhill you may be taking a risk or need to take extra care. If you ride a bike uphill, more hard work is needed to reach your goals. If your bicycle is stolen this suggests lack of enthusiasm or self-belief. In general, both bicycles and motorcycles symbolize a need for balance in life and the need to reconcile the often opposing demands of the conscious and unconscious.

BIKINI

See CLOTHES.

BILL

See MONEY.

BINOCULARS This symbol suggests a desire to see something more clearly or get to know someone more intimately.

BIRDS What sets birds apart is their ability to fly and escape the boundaries and limitations of earth. For this reason, they are a universal symbol of transformation and the progress toward wholeness and harmony. Their association with the element of air – itself associated with aspirations

and ideals – means they have also become a symbol of high-flying ambition and the quest for enlightenment. In Greek mythology, birds are often messengers of the gods, so in psychological terms they show that the unconscious is offering you wisdom and insight. Birds can take a bird's-eye view of the world, and are therefore associated with the ability to take an objective overview of a situation.

Birds can also symbolize relationships with other people. For example, thieving birds, such as magpies, may suggest a threat to a relationship and the possibility of an affair; territorial birds, such as blackbirds, might suggest jealousy. Baby birds of all species can symbolize relationships with children or dependents. Freud believed that birds were sexual symbols that represent the penis, whereas Jung believed that birds in dreams were messengers from the unconscious, offering insight and wisdom. Sometimes birds in dreams can denote the feminine principle or the anima in a man's dream.

Birds in dreams, therefore, represent freedom, transformation, insight, objectivity, relationships, intuition, and the ability to see the bigger picture. If you see a bird alight, appear or take flight in your dream, ask yourself if you are wishing you could escape from pressures and responsibilities. Do you want to be free from a situation and set off for pastures new? Do you want freedom from a particular relationship or an outstanding debt? Or is it an attitude or situation you want to rise above? Do you long to travel or take flight? Alternatively, was your unconscious referring to a 'flight of fancy', something you were hoping and wishing for in waking life? Or do you need to see the bigger picture and leave the details behind? And finally, because your unconscious conjures up bird images to reflect certain attitudes or situations in life, you also need to consider the symbolism associated with the following bird situations and different types of birds. At all times, the condition or health of the bird is important. If the bird is suffering in any way, this will suggest a certain degree of frustration. If the bird is flying or is in good condition, feelings of freedom and liberation may be indicated.

For centuries it was considered a good omen to dream of birds, but bear in mind that there are also many negative superstitions about birds. Here are some well-known ones that might influence your dream interpretation and your feelings toward a particular bird, or birds in general: albatross – sign of bad luck; black crow – misfortune; buzzard – beware of gossip; dove – peace; eagle – success in business; goose – improvement in fortune; hawk – a bright future; magpie – a change of plan; owl – disappointment; rooster – if it

crows, good news; stork – family problems; turkey – bad luck, unless you are eating or killing it.
See also **PETS**.

Bird Color
The colors, as well as the general interpretation for birds, are significant here. For example, black birds represent one's shadow side and white birds one's open, expressive, and free side, while golden-winged birds represent ambition. A display of plumage represents the way you see yourself. Is the plumage a gorgeous display of vibrant color, or a disappointing shade of shabby brown?
See also **COLORS**.

Bird Egg
Often a symbol of money in dreams, as in 'nest egg'. The condition that the egg is in will say a lot about your current financial situation, or your dreams of financial success. A clutch of eggs can also express your wish to have a large family, or represent the dawning of a new, exciting idea. If the eggs are smashed, have your dreams and hopes been smashed in some way? If you dream of hatching birds, this may suggest the birth of new ideas, projects and relationships, while if baby birds appear in your dreams, they are usually symbols of childhood and new beginnings.

Bird's Nest
A symbol of independence, refuge, home, and security, which might indicate that you need something to fall back on. Alternatively, it may signify a prosperous endeavor, new opportunities, or an imminent fortune. Making a nest suggests homebuilding and the accumulation of material possessions, as in 'feathering your nest', or partnership with someone else and the parental urge. If you dream of birds leaving the nest, it might suggest that you are taking on new responsibilities in waking life or are the parent of a child who is about to leave home. Similarly, an empty nest can suggest your own sense of loneliness. Has your brood flown away to make their own way in the world?

Bird Song
If you hear bird song in a dream, the same interpretation as for birds in general applies. Pay attention to the sound. Is it sweet, happy, anxious,

excited, or alarming? All these impressions will help you with the interpretation.

Caged Bird

This can indicate restraint or entrapment or feeling stuck in a job, lifestyle, or relationship. Is your freedom somehow restricted in waking life? Are your inhibitions stopping you from expressing your personality? Is your job humdrum? Is your partner possessive? If you opened the door in your dream and let the bird out to fly away with joy in your heart, this is almost certainly a message from your unconscious to take steps in waking life to release yourself from restrictions and or inhibitions. If the bird wouldn't or couldn't fly away, are you putting limitations on yourself? If the bird's wings were clipped, is someone deliberately holding you back? Freeing a bird from its cage relates to expressing your emotions. If the bird in the cage is a pet bird, this often suggests happy memories.

See also **PETS**.

Flying Birds

Represent a sunny outlook in life, rising above everything, a sense of freedom, independence, and liberation, as if a weight has been lifted off your shoulders. Flying birds can also suggest aspirations and desires, and if the bird is flying high, an expansion of your viewpoint. Another interpretation is that flying birds represent sex, a similar form of release and uplift.

Flock of Birds

A group of birds can often symbolize yourself and the people in your life. Are the birds flying in the same direction? If they are, this can suggest harmony; if they are not, confusion may be indicated. Are the birds huddled together? If they are, do you prefer to surround yourself with people similar to you, as in 'birds of a feather'? A flock of birds can also represent your need to be part of a group that you identify with and admire; but is the flock celebrating or stifling your individuality? If the birds are in a tree, the branches of the tree may represent your family life, and the leaves and birds your thoughts. If the birds are fighting, this suggests disagreements about viewpoints, or differing opinions, in waking life. If a bird is attacking you, it may represent an attack on your ideas and opinions, such as being criticized by a parent; another interpretation is it symbolizes a fear of others, or of

going beyond your boundaries.

Large Bird
A large bird represents the power of the unconscious to uplift or terrify, and can also suggest a threat or a parent.

Wounded or Dead Bird
If dead birds appear in your dreams, they might represent a threat to your freedom, depression or the loss of purpose and meaning. In your waking life, an ideal or hope may have died, or your creativity has been stifled. Wounded, molting or songless birds can also represent problems that are constantly on your mind.

Birds A to Z
Blackbird
Ancient dream oracles suggest that to see a blackbird in your dream is a bad omen, bringing about misfortune for you in the coming weeks. It is a good sign, however, if the blackbird is flying. Modern dream researchers suggest that anxiety is expressed by the presence of black birds, or a blackbird in particular, in dreams. If the blackbird is attacking someone or something in the dream, it is a comment on how you may be relating to your emotions in waking life.

Blue Jay
If a blue jay appears in your dream, it could be calling your attention to something or someone you are neglecting in waking life. Alternatively, it can also suggest the need for humility, as you may be arrogant and over-confident.

Buzzard
An almost universal symbol of death and decay. It could represent an ugly or rotten part of yourself or your life.

Canary
If the canary is healthy, it represents your own happiness. The opposite also holds true – if the canary is hurt or injured in any way, your own pain or injury is being mirrored.

Cardinal
If a cardinal appears in your dream, it represents a sense of vitality and happiness. You feel as if you could accomplish anything.

Chickadee
Is there something or someone unique in your waking life that you need to pay more attention to? Small miracles happen every day in the most ordinary of activities. Perhaps your children are reaching milestones of development? Is your garden blossoming? Have you noticed how much your family and/or partner is supporting you?

Chicken
To see chickens in your dream can symbolize cowardice and stupidity, or chatter and gossip. Listen closely to what people may be saying about you or what you are saying about others. Alternatively, chickens can also show that there is potential for growth but this may only come about with the support of others. A group of chickens can also suggest that something you have done in waking life is about to rebound on you: as in chickens coming home to roost.

The rooster suggests male sexual characteristics and so the need to be more assertive. It is also the symbol of the new day and of keeping watch. Less positively, it might suggest that you are being overbearing and trying to rule the roost. The hen suggests being totally immersed in the concerns of motherhood. If a hen crows in your dream, this is taken to represent maternal domination. A group of hens may symbolize gossip and calamity. It may also suggest being ‘hen-pecked’ or that you feel being picked on, like chicken feed. Chicks represent babies or very young children in your life, or your feelings about your own childhood. They can also point to vulnerability. Are you counting your chickens before they have hatched?

Cormorant
Symbol of introspection or inner wisdom. Are intellectual theories and ideas, or your studies in waking life, helping you to understand yourself better?

Crane
Symbol of maternal love and of acts of kindness performed by yourself or others. Can also suggest the ability to cope with difficult situations and/or emotions in waking life.

Crow
To see a crow in your dream represents darker aspects of your character that need to be managed. Traditionally, crows are symbols of approaching death or bad news, but they can also represent wisdom and or deviousness.

Cuckoo
Interpreting the presence of the cuckoo in your dream is difficult, as it can be a symbol of unrequited love or deviousness, while also being the herald of spring and an indicator of change from old to new. Do you need to change your direction or alter your approach in how you approach some situation? Alternatively, there may be someone in your life whose presence is unwelcome or annoying.

Dove
The peaceful, calm side of a man's nature can often appear in a man's dreams as the dove. To see doves in your dream suggests peace, harmony, and innocence, or the longing for these in your waking life. The dove is furthermore a symbol of the Holy Spirit in Christianity, so if this resonates with you, your unconscious could be urging you to seek fulfillment. In particular, to see white doves in your dream symbolizes loyalty and friendship. It may also represent a message from the unconscious to become aware of your potential, and let go of thoughts of hate and revenge. A pair of turtle-doves billing and cooing at each other in your dream may suggest that you are longing to find a gentle, loving person with whom to settle down. Doves that are building a nest symbolize a joyous home life and obedient children.

Duck
To see a duck in your dream can suggest childish behavior. If flying, it can represent freedom from superficiality; if swimming, it can represent the unconscious. Ducks can walk, swim, and fly – and may therefore represent your flexibility and ability to adapt to various situations. They may also warn against being superficial in the process, especially if you see a white duck. When interpreting the meaning of birds in dreams, it's always helpful to mull over any meanings that are attached to their names. For example, if you dreamed of an albatross, do you feel as if a burden has been placed around your neck? If a duck waddled in, are you trying to duck out of a situation,

instead of confronting it head on? Or is criticism like water off a duck's back to you? Perhaps have you taken to a new hobby enthusiastically like a duck to water? Alternatively, the dream may indicate that you are setting yourself up or being set up in some way, as associated with the phrase 'sitting duck'.

Eagle
As a bird of prey, eagles in dreams suggest precision, perceptiveness, and farsightedness. They also suggest dominance and supremacy. If you are the eagle in your dream, or associate yourself with it, this represents your wish to dominate. If you feel threatened, someone may be trying to dominate you. Eagles symbolize nobility, pride, fierceness, freedom, courage, and powerful intellectual ability. Eagles also indicate persistence, and the desire to realize your highest ambitions and greatest desires. If the eagle is chained or has its wings clipped, this suggests that you may be feeling trapped in a desperate situation where you feel you can't express yourself. To discover what is holding you back, consider what the eagle is chained to. To see a nest of young eagles in your dream signifies social advancement. If you kill an eagle, this suggests your ruthless determination to succeed: nothing is going to stand in your way even it if means upsetting people around you. If someone else kills the eagle, then your power may be taken away from you. If you eat an eagle in your dream, this shows that your strong and powerful character will lead you to success.

Falcon
As a bird of prey, the falcon has similar symbolism to the eagle and hawk. It is a symbol of freedom and hope over those who feel they may be restricted, but also suggests that your success may make others jealous. If you are hunting a falcon, you may be too aggressive in waking life and this aggression could cost you dear.

Flamingo
If a flamingo appears in your dreams, you may be experiencing or longing for new experiences or situations. You may also be in danger of worrying about how you appear to others too much.

Fowl
Symbol of potential worry, or of disagreements with friends in waking life.

Goose
A symbol of conformity, but also a sign that you are well grounded and practical. Geese are thought to represent loving relationships and, like the swan, can represent the possibilities of new beginnings. A flock of geese could be a warning against some kind of misfortune or silliness. Are you trying to kill the goose that laid the golden egg? Wild geese can represent the soul, the wanderlust, and longing for freedom within all of us.

Gull
To see gulls in your dream represents the relationship between your emotions and your logic. If the gulls are soaring, you have a clear perspective on things but if the gulls are wounded or dead, this suggests confusion and struggles between what your heart and your mind are telling you.

Hawk
As a bird of prey, with all the aggressive intentions associated with this class of birds, could your unconscious be urging you to watch someone like a hawk?

Hummingbird
To see hummingbirds in your dream can suggest concern with the details of your life, or the need to show that concern. Alternatively, it indicates your inability to commit to a relationship or project.

Ibis
Often associated with the stork, the ibis can be a symbol of determination and ambition.

Jaybird
Symbol of enjoyment and contentment. If the jaybird is dead or wounded, however, this suggests domestic troubles.

Kingfisher
A symbol of dignity and calm.

Lark
Symbolic of a desire to transcend the mundane and fly high, if larks fall

during flight, this suggests that your success will be bittersweet. To hear larks singing in your dream foretells of success in business, or happiness in a new situation. If the lark is dead, wounded or injured, this denotes sadness and gloom. If you kill a lark in your dream, this suggests a loss of innocence.

Loon
Symbol of unconscious wisdom and your ability to search deep within for answers. To dream of a loon may also be a metaphor for someone who is ‘loony’, or crazy.

Magpie
Because of the belief that magpies are thieves, dreaming of one may suggest that someone is trying to take something away for you. Alternatively, it can be a sign of good news.

Mockingbird
Symbol of independence that can easily cross over into cockiness. You may be taking credit for the work of others, or getting what you want at all costs.

Nightingale
To see silent nightingales in your dream signifies disagreements among friends that can be easily resolved if communication is resumed. If the nightingales are singing, this suggests harmonious relationships or the desire for them.

Ostrich
The ostrich famously sticks its head in the sand, so are you attempting to run away from responsibility? Are you not facing reality and living in a world of your own? You may be in denial, or unwilling to accept a situation.

Owl
Owls have the ability to see in the dark, and therefore represent your intuition or ability to really see what is going on around you and within yourself. The owl is also a wise advisor, but because of its association with darkness, it can also suggest fear or danger. In Jewish lore, it is unlucky to dream of an owl, but lucky to dream of any other bird. In some ancient traditions, the owl is connected to death. Death in this sense may also represent a symbolic death,

such as an important transition in life or the end (death) of one phase and the beginning of a new one.

Parakeet
If a parakeet appears in your dream, it might suggest that your unconscious mind is trying to send you a message. The details of the dream should help you discover what that message is.

Parrot
To see a parrot in your dream represents gossip, repeating what others have said or copying the actions of others. It may also mean that you, or someone else, are being repetitive.

Partridge
A sign of independence and your leadership skills. On the other hand, it can also suggest some kind of deception is occurring.

Peacock
To see a peacock in your dream is a sign of pride and vanity. In some traditions, however, it is a sign of the soul and because the peacock can shed its feathers and grow new beautiful ones, for Christians it is a symbol of resurrection or new life. As a male bird displaying its feathers, the peacock is a symbol of male sexuality and may be a warning against arrogance over your success. It also indicates a surge of new understanding from the plain and unadorned bird to the beauty of the fully-plumed bird.

Pelican
To see a pelican in your dream represents devotion, sacrifice and compassion for others.

Penguin
Penguins are symbols of adaptability, but they can also represent stupidity or coldness in a relationship. They could be a sign that your problems are not as serious as you may think and that you need to keep your cool and remain level-headed.

Pheasant

Depending on the circumstances of the dream and the condition of the pheasant, a symbol of prosperity and good fortune in your waking life.

Phoenix
The phoenix is a universal symbol of rebirth, new life and immortality; of the power in oneself to transform from the depths of darkness or depression into new awareness. In dreams the phoenix is typically a symbol of fresh starts and exciting opportunities. This bird of mythology lived alone for hundreds of years and then sang its final song on a nest made of precious spices, an aromatic funeral pyre that ignited by the sun's rays. A bird emerged from the glowing embers of the fire and this was the embryo of the reborn phoenix. In symbolism the phoenix is also associated with alchemy and resurrection and a new start, emotionally and spiritually. In dreams it may express your yearning to put the past behind you and to be reborn as a new person.

Pigeon
To see a pigeon in your dream represents gossip or news. You may also be expressing a desire to return home.

Quail
To see a quail in your dream is a symbol of courage and good fortune. On the other hand, it can also represent deviousness. To see a live quail is a sign of good luck. To see a dead quail symbolizes bad luck, especially in gambling. To shoot a quail in your dream suggests disagreements with your best friend. To eat quail in your dream warms against extravagant spending.

Raven
To see a raven in your dream can be suggestive of betrayal, disharmony, misfortune, and dishonesty, but if the raven is talking, it can indicate insight. The meaning is complex, as it can symbolize both evil and wisdom.

Roadrunner
To see a roadrunner in your dream represents intellectual prowess, but might suggest that you are running from idea to idea. Do you feel the need to stop and consider your next plan of action?

Robin

Symbol of new beginnings and growth. It may also be a pun on someone whose name is Robin.

Rooster
Are you, or someone you know, being arrogant and over-confident with little regard for the feelings of others? If you hear a rooster in your dream, this suggests bragging. If roosters are fighting in your dream, this indicates rivalry and disagreements.

Seagull
Symbol of freedom and ambition.

Sparrow
Symbol of hard work, business, and discipline.

Stork
Symbol of birth and babyhood, or new life and new beginnings.

Swallow
Symbol of hope and new beginnings.

Swan
The swan is often regarded as a divine bird. In a dream it suggests grace, beauty, and dignity, especially if the swan appears swimming in a pond. In mythology it represents the soul and its connection with the side of your nature that may be hidden. It may also be linked with endings or death (‘swan song’) as well as purity and innocence. On the other hand, do you sometimes wish you could ‘swan around’ in your waking world?

Turkey
Have you been foolish or irresponsible in some way? Or have you not been thinking clearly? Alternatively, the turkey is associated with Thanksgiving, and therefore suggests family and a time of togetherness. If you are hunting turkeys in your dream, this suggests that you are trying to succeed through dishonest means. If the turkey is flying, you may soon rise from obscurity into a position of prominence. If you see sick or dead turkeys, your pride may have been injured in some way.

Vulture
The vulture is a scavenger and feeds on the spoils of others. Are people around you taking advantage of you or are you concerned about the well-being of dependents? Alternatively, a vulture in your dreams can suggest that past experiences can give valuable insights into a current situation or problem. Do you need to 'pick off the bones' of a failed relationship or project, so that you can learn from your disappointment and move forward with your life?

Woodpecker
The woodpecker symbolizes industry and diligence, and so to dream of one may suggest that there is something in your waking life that you have overlooked and need reminding about. In mythology, the woodpecker is the guardian of both kings and trees, and it is thought to have magical powers; therefore in dreams they may indicate that you have hidden powers and potential that need to be developed.

Yellowbird
A symbol of good fortune when it concerns work or money, but not such a good sign for affairs of the heart.

BIRTH While pregnant women often dream about giving birth in anticipation of the upcoming event, dreams of giving birth typically have very little connection with the biological process of reproduction and more to do with a sense of being reborn, of fresh beginnings, of ideas coming to fruition or a period of personal growth. This sense is mirrored in everyday language: 'giving birth to a new idea', which refers to a project, not a baby.

For Jung, dreams about giving birth were important because he believed they represented a stage in the process of what he called 'individuation', the growth of the human psyche to maturation and wholeness. Birth therefore represents the start of an important new stage in your life and psychological development. We tend to dream of birth at the beginning of a new life stage, way of life, attitude, ability, or project. We also have such dreams when we need to let go of the past and come to terms with the new. Birth is symbolic of new beginnings: going off to college, starting or ending a relationship, launching a new career, and moving house are all associated with birth themes in dreams. Although women from their teen years onwards tend to

have birth dreams more than men, it can happen to anyone at any time. There may often be something strange or unusual about the birth of the child. These details are important as they can symbolize what part of your life is changing and how others will receive this new development.

Jung also claimed that the symbol of the child, as with the symbol of birth, represents new beginnings and possibilities, and paves the way for future changes in your personality. A common theme in mythology is the 'divine child' or mystical hero or savior; for instance, the baby Jesus who saves the world from damnation. The divine child is the symbol of the true self, both vulnerable and pure, but also capable of great transforming power. In your dream, it may represent your true self urging you to explore new possibilities and reach your full potential. Therefore, dreaming of a baby or child, who could be yourself, one of your own children, a child you know, or an unknown child, gives access to your own inner child. We all have parts of ourselves which are childlike, curious, and vulnerable, and when we are able to get in touch with these parts we are reminded of our true potential for wholeness.

If you are a woman and you dream of giving birth, the first question to ask yourself is do you actually want to get pregnant? If you do, your dream may be an example of wish-fulfillment. The purpose of your unconscious was probably to fulfill your fervent desire for all to go well. There have also been recorded instances of women and men dreaming about the birth of a baby before they even knew they were expecting; somehow the dream was a response to the presence of an actual fetus, not yet detected by doctors and pregnancy tests. If you are pregnant and you dream that labor and delivery were difficult, it probably reflects anxieties about the impending birth. The same applies to dreams about giving birth to an animal; they are simply mirroring your concerns and anxieties. If you are a prospective father, your dream may also be depicting your hopes and fears for the welfare of your unborn child.

If you are not pregnant, birth dreams can indicate a desire for children but are more likely to represent something else in waking life. The birth of a child signals a new beginning and the emergence of new life; in dreams the meaning is much the same: a new way of life, a new attitude, a new discovery, a new project, and so on. If you hear about a birth, or watch or witness a birth in your dream, this also suggests the beginning of a new and fruitful cycle in your life. Birth dreams therefore are an expression of big

changes that have been occurring for a long period of time. Did the dream delivery go well or was it difficult? Again, the answer may indicate the likely ease of turning your hopes into reality. If this doesn't apply, then dream births may symbolize your brain child, perhaps an idea or a project you are longing to complete successfully.

Alternatively, did your dream focus on one aspect of birth – the umbilical cord, for example? If the cord was wrapped around the baby's neck, this may indicate that your ideas are being strangled or in danger of being strangled. If the cord was neatly severed, this can indicate that your ideas have been cut free and are now independent of you. If there were problems cutting the cord, this could be a symbol of a grown-up family that is beginning to leave home. Or it may be that you yourself are finding it hard to fly the family nest and branch out on your own. If you are not able to see your baby after a difficult labor, this can indicate that you are laboring in vain in waking life and aren't being rewarded by the sight of your mental offspring.

Birth Dreams during Pregnancy

Pregnancy is one of the most life-changing and physically and emotionally demanding challenges a woman can face in her lifetime. Research shows that the dreams of pregnant women can comment on the physical, psychological, and emotional issues she has to deal with. The most common dream themes at this time concern animals and water. In the early stages of the pregnancy these dreams may be gentle and calming, but toward the end of the pregnancy they can be traumatic or even become nightmares. Such alarming dreams are considered a normal reaction to the anxiety every woman unconsciously feels about her unborn baby and about giving birth. It is also very common for pregnant women to dream about having the baby and these dreams are again often bizarre and disturbing – for example, dreaming about a baby that is born dead, malformed, or with a monster's head. It has been suggested that such anxiety dreams serve a purpose: they release a lot of unconscious tension and fear, allowing the mother to be more relaxed at birth.

BIRTH CONTROL

See CONTRACEPTIVES.

BIRTHDAY

See CELEBRATIONS.

BITE Being bitten or biting someone is a symbol of aggression or hostility, either toward you or toward someone else.

BLACK

See **COLORS**.

BLACK-AND-WHITE DREAMS To dream in black and white suggests that you need to be more objective in formulating your decisions. You may be a little too unyielding in your thought processes, and thus need to find some sort of balance between two opposing views. Consider the views and opinions of others. Alternatively, black-and-white dreams may be a sign of depression or sadness. You may feel that there is not enough excitement in your life.

It is a quite commonly held belief that we dream only in black and white, but many people are able to identify tones of color in their dreams. If this is the case, why is it believed that we dream only in black and white? It may be because dreams that appear to be black and white only appear so because the color is not relevant. This doesn't necessarily mean, however, that such dreams are in black and white. Black and white is a function of television when the color information is removed, but the same is not true of the mind. For example, grass might not be green in a dream, but it's not gray as it is in a black-and-white movie; the color simply is not relevant and your unconscious isn't highlighting it. This non-relevance fools the conscious mind on waking up into concluding that, by implication, the dream must have been in black and white.

BLACKBIRD

See **BIRDS**.

BLACKBOARD The blackboard sets information out in black and white, so in dreams it can represent unambiguous insights or the need to make your mark on the world.

See also **CHALK**.

BLACKMAIL If you are blackmailing someone or they are trying to

blackmail you in your dream this indicates emotional blackmail that you may be using to try and force someone to do as you want, or emotional blackmail used on you by someone else to get what they want.

BLANKET This image in a dream suggests a deep need for emotional or physical comfort and security. It can also suggest being wrapped up in someone or something or withdrawal and vulnerability.

BLEMISH Feelings of dissatisfaction for someone or about something. See also **BODY**.

BLIND One of the things most of us fear is losing control of our faculties. Dreams in which you are blind or you see blind people may represent your refusal to see the truth or face reality. Perhaps you are unable to see any other point of view but your own, and it is time to open your eyes. The blindness may relate to an object you seek but are unable to find because of your blindness; this object is generally your hopes and goals in life, and becoming blind indicates that you have lost sight of your ambitions and are unclear about how to regain your focus. For Freud, loss of sight indicated a man's fears of being castrated. In the Greek myth that inspired Freud's theory of the Oedipus complex, Oedipus unwittingly killed his father to marry his mother. Once aware of what he had done, he blinded himself, an act Freud saw as a symbol of self-castration. Another interpretation suggests that blindness is a mystical dream symbol that represents inner vision, wisdom, and self-knowledge. To imagine that you are deaf or dumb in a dream, or unable to make contact with people, may symbolize irresponsibility, laziness, or an inability to get your point across.

BLISTER If you dream you have a blister, consider what irritant in your real life may have caused it. If you burned yourself, have you got too close to the flames emotionally? Dreams in which you are burned alive or someone else is torched suggest the need for some kind of drastic change in your life. Rashes, sores, and eczema are all unpleasant ailments that are not serious but uncomfortable as well as embarrassing. So if these conditions appear in a dream, what are you feeling 'sore', uncomfortable, or embarrassed about? Although it may seem a big deal to you, your dream is telling you that you

have no need to feel anxious as the situation is not as serious as you might think. The skin is a symbol of how you present yourself in public, so blisters, rashes, burns, and other skin blemishes are recognized as one of the most clearly psychosomatic disorders. In dreams, therefore, a skin rash can express lack of confidence in your ability to face the world. A dream bruise may reflect some emotional hurt or emerging health problem, while scars can carry their figurative sense of hurtful memories and suggest an awareness that emotional healing takes time.

For Jewish or Christian dreamers, boils may express feelings of guilt for how they have behaved toward someone in their waking life; this is because in the Bible, boils were the sixth of the ten plagues visited by God on the Egyptians to force Pharaoh to free the Israelites. Rough skin suggests a rough exterior, while burnt skin might indicate hurt in a relationship with the outside world or people. If you are shedding skin like a snake, you are changing your way of life and leaving old attitudes behind. Pimples and blemishes represent your sense of not being good enough in some way, and a feeling that other people see you as unattractive or see failings in you; they can also indicate shyness and the difficulties you experience being in the company of others.

BLOOD/BLEEDING

See **BODY, WOUND**.

BLUE

See **COLORS**.

BLUEBIRD

See **BIRDS**.

BOAR

See **ANIMALS**.

BOARD GAMES Games in dreams symbolize the manner in which the dreamer is approaching life. Individual games such as solitaire will indicate your tendency for self-absorption, where excelling or enjoyment is a significant motive. Interactive games such as chess indicate that competition

is a significant motive for you. In either case, the dream will be highlighting your thought processes, mental skills, and dexterity. In general, dream board and card games indicate how you are rising to a particular challenge in your waking life, or how successfully you are playing the hand that fate has dealt you.

Little physical effort is required when playing board and card games, so games of this nature tend to focus on your intellectual performance or ability to think and react quickly. Pay attention to the tactics you use while playing and to your overall strategy. Were you calm and controlled with a set of tactics, or were you out of control? Was your game defensive or offensive? What is the dream telling you about your ability to respond to external stimuli in the directing of directing of your life? Are you self-motivated, continually striving to better your skill, or do you rely on competition for motivation? Your answer to questions such as these will tell you much about your current approach to waking life.

Consider too the colors of the pieces or cards you were using and what they might signify. For example, if you were playing with white chess pieces, do you associate yourself with kindness and your opponent with malevolence? If you are accused of cheating in your dream, are you deceiving anyone in waking life? Games in which pieces are moved around a board at the throw of a dice are often designed to mirror life's challenges, and this is often what they represent in dreams, suggesting fears or concerns about factors you can't control. The game board reveals the moves you make in life, and a game room stands for a meeting place in which plans and strategies are devised. A TV game show cautions against a desire to consider yourself intellectually superior.

Specific dreams may have their own symbolism: for example a game of backgammon may point to your desire to resolve the secrets of your unconscious (the inner table) before time or the other player stops you. Games that are played with dominos speak of the repercussions of your actions. Pool, billiards, or snooker suggest clever scheming, combined with the skill to accomplish a goal. The condition of the poolroom will give you a clue as to whether this refers to healthy competition or dirty dealings, while the pool table refers to the issue or subject of your plans.

See also **CARD GAMES**, **CHESS**, **DICE**.

BOAT If you dream of a boat, pay close attention to the condition of the

boat and to the conditions of travel as they will reveal much about your waking situation. Is there a storm brewing? Is the boat secure or is it in need of repair? If the boat is drifting aimlessly, you may feel you are lacking direction, while if the boat capsizes, this suggests imminent danger or obstacles ahead. If you are enjoying a tranquil boat ride that is slowly but surely heading in the right direction, this could imply a sense of anticipated success with a particular project in real life.

See also **TRAVEL**.

BODY Typically, dreams about the body, or parts of the body, occur for four reasons.

The first is that in waking life, your body and/or body image has taken center stage. For example, if you had a manicure yesterday or cut yourself shaving, your unconscious may simply be recalling that. The second reason is that dreams about your body, or body parts, can signal ailments before you consciously recognize what is wrong with you; sometimes even before there are any physical signs. This isn't to say every nightmare suggests serious illness, but if you do have a dream about any part of the body that is injured or painful, especially if it is a reoccurring one, it might be worth making an appointment for a check-up.

The third reason is that some dreams about the human body are simple reflections of the dreamer's feeling about their own body or appearance. These dreams can be significant markers of the dreamer's self-esteem regarding their physical appearance. If in the dream the body appears beautiful and healthy, then the dreamer may be feeling good about themselves. However, an unattractive or unhealthy body could point to signs of insecurity, or body image problems.

The fourth reason is that in dreams, the body often represents the ego, the self, or the lifestyle of the dreamer. That is why broken bones or injuries can symbolize emotional pain, or losing parts of yourself. When you lose or give up parts of yourself in order to fit in with or please others, psychologists call this 'fragmentation'. We all do this to a certain extent in our lives, but when

we do it too much or for the wrong reasons, the unconscious may send out warning signals. The dreaming mind may then express its concern in body image dreams, not only about your health and happiness, but about your ability to cope when your true nature is profoundly censored.

For instance, if you dream of missing a hand or foot, or having an organ or other body part removed, this can be a sign that a portion of your potential is being lost as a result of a path you have chosen in waking life. A common dream is one where you lose teeth; this is a great example of your dreaming mind issuing you with a warning. It is asking you just how far you are willing to compromise, and reminding you that what you are losing may be irreplaceable.

If body images appear in your dreams, it can help to think of body-related expressions you may use to describe feelings; for example, 'I lost my head', 'feels like I'm losing my right arm', 'I don't have a leg to stand on', or 'can you stomach it?' When we say these things, we are not being literal. We haven't lost a leg or an arm, we are expressing an emotional response and our unconscious uses images to express the emotions these phrases convey; typically, a sense of loss of direction, helplessness, or confusion. Such dreams often begin to make sense when you view the body images as parts of yourself, and connect their meanings to your emotional responses.

See also **HEALTH**.

Body Image Scenarios

Anesthetized, Cold, or Dead Body

The image of an anesthetized body can represent a deadening of feeling, or a loss of passion and creativity in waking life. The same meaning applies to coldness of the body, with the implication of emotional coldness, lack of enthusiasm or distancing oneself from others. If the coldness is in the lower part of the body, this suggests sexual coldness and again, lack of passion. Coldness in the chest (heart) suggests lack of feelings or feeling cold toward someone. Cold feet indicate a fear of doing something or indecision. The image of a dead body in a dream depicts feelings and potential to which we have not given expression in daily life.

Appearance

How your body appears in a dream can offer vital clues when it comes to interpretation. In many cases, the interpretation is fairly obvious: if you are

smiling you feel confident, if you are frowning you feel annoyed. Are you confident and organized in your dream, or are you tired and unhappy? All these factors represent the state of your mind, and perhaps your health, at the time of the dream. If your body disappears in a dream and you become invisible or you aren't aware of your body, this clearly suggests that you are feeling ignored, isolated, and perhaps lonely. If you leave your body in a dream, this indicates a need to get away from cares and responsibilities. If you grow tall in your dream, your unconscious may be mirroring waking feelings of satisfaction with yourself; but if you were horrified to shrink small, it may be that you feel insignificant and looked down upon, or that you long to shrink away from a problematic situation. To dream that you are becoming fat is to recognize that you need to widen the scope of your activities in some way. It can also indicate fear of taking on too much responsibility.

Diseased, Dismembered, Injured, and Deformed Body

If the body is diseased in a dream, this suggests a sickness of attitude or it could simply indicate extreme emotional and physical fatigue. A dismembered body indicates emotional and mental distress; perhaps you are tearing yourself apart over something or someone, or your life is falling apart. Half a body dream images suggest a lack of balance in your life between your outer and inner life. If the top half of your body is missing, this indicates lack of reasoning and emotional intelligence. If the bottom half is missing, this relates to loss, or denial of instincts and sexuality. If the body is injured or you see injuries, this suggests emotional scars or hurts, or repressed anger. If the body is cut open, this indicates a vital change within yourself or the release of emotional tension. In times past, such dreams were interpreted as the release of 'evil spirits', hence the association of a sometimes painful release of tension.

Loss of limbs in a body usually indicates a sense of inadequacy, sometimes connected with the limb that is lost. For example, loss of legs could suggest an inability to stand up for yourself or someone dependent on you. Loss of an arm could indicate an inability to influence other people, or to give and receive. If your body is burnt in the dream, this suggests an emotional scar, and if the burn is painful, this suggests that you are relating to this hurt in an unhelpful, self-destructive way. If, however, the burning isn't painful, it has a more positive interpretation: feelings of potential and new

beginnings.

Marks on the body in a dream suggest things you carry with you in life, or experiences that have marked you. If your body is crawling with maggots, this indicates the need to cleanse your body of toxins, infection, or resentment. A murdered body in a dream represents aspects of your life that you find hard to deal with, such as anger toward a family member. Sometimes such anger may be a way of avoiding the real issues involved and, if this is the case, the dream murder may show how you feel about being 'murdered' by lack of love or trust. If you are pulling things out of your body in your dream, this suggests growing self-knowledge; you are becoming aware of thoughts and emotions of which you were previously unaware.
See also **HEALTH**.

Left and Right Side of the Body

Typically, the left side of the body represents feelings, intuition, and the irrational, while the right side suggests the rational and logical. The left side is also associated with maternal influence, and the right with paternal.

Body Parts

In dreams, body parts can be interpreted in the following way.
See also **HEALTH**.

Abdomen/Stomach/Belly

When dreams focus on your abdomen, belly, or stomach, they are referring to repressed feeling and emotions. The stomach is often seen as the center of emotions. This symbol may also have purely physiological origins if you have been experiencing constipation or indigestion. From a psychological point of view, seeing your abdomen in your dream may imply something in your real life that you 'cannot stomach' or have difficulties accepting, something you want to get out of your system. If your abdomen is exposed, this signifies trust and vulnerability, and in women it may indicate a desire for motherhood. If you are injured or shot in the stomach, this is about emotional hurt. Traditional folklore says that dreaming of your abdomen can foretell infidelity. A shriveled abdomen warns of lies, a swollen abdomen promises success. To see your navel in your dream represents your being and self. The dream may suggest that you need to find your center and middle ground.

Anus

This suggests repressed emotion or an aspect of childish behavior, as the child's first experience of control is when they gain control over bodily functions. Consider also if you or someone in your life is anal retentive and perhaps needs to loosen up a bit. To see buttocks in your dream represents your instincts and urges. It can also indicate feelings of insecurity, especially if the buttocks are misshapen. If you see your pelvis in a dream, you may be dealing with issues of creativity and self-expression.

Arm/Armpit/Elbow

To see your arms in your dream highlights your ability to reach out to others. Alternatively, it may represent the struggles and challenges in your life, loss of confidence and not being able to reach out or create. Consider also the pun 'arm yourself', which implies that you need to protect yourself, or be more aggressive and take a firmer stance on things. So if arms appear in your dream, are you defending yourself, fighting or being held, or showing passionate commitment?

To dream that your arm has been injured or your arms are tied up signifies your inability to care for yourself, or your helplessness in reaching out to others. The right arm signifies your outgoing nature and is associated with masculine energy, while your left arm signifies your supportive or nurturing nature, and is associated with feminine qualities. Losing either arm may suggest that you are failing to recognize its respective characteristics. To dream that you rip someone else's arms out, indicates that you are extremely upset with something that this person has done or represents, but you have not been able to fully express your anger.

If you see, notice or smell someone's armpit in your dream, this represents the characteristics and personality that you choose to display to the public. To smell your armpit in your dream indicates that you are hoping for some kind of acceptance in waking life. If you see your elbow in your dream, perhaps you need more personal space in waking life?

Back

To dream of your back represents parts of yourself hidden from view, secrets that you are keeping from other people or aspects of your personality you would prefer not to think about. Your dream could be pointing to some aspect of your life that is behind you, or a situation that is over. Maybe your dream

contains some other play on words: is someone getting your back up? Do you feel the need for a pat on the back? Do you need to watch your back? Is somebody on your back or trying to dominate you? Are you engaged in a back-breaking task? Is your back against the wall? Do you wish someone would get off your back? Have you been stabbed or scratched in the back? Traditionally, seeing a back in your dream forewarns that you should not lend money to anyone. In particular, lending money to friends will cause a rift in your relationship. If a person turns their back on you, this may suggest that you may be deeply hurt in waking life or that other people may not be ready to share their thoughts with you.

Breasts

Usually, to be aware of breasts in a dream indicates your connection with the mother figure, and your need to be nursed and cared for. Does a part of you long to again be an infant without responsibilities? Alternatively, breasts represent sexual arousal and raw energy. Seeing naked breasts can also denote a feeling of exposure and invasion of privacy. In particular, for a woman, the dream may indicate anxieties about becoming a woman/mother. If a chest appears in a dream, this indicates a sense of social confidence or good feelings about yourself. Alternatively, it represents feelings of being overwhelmed and being dangerously confronted by something. Consider also if the dream is telling you that there is something that you need to ‘get off your chest’. If nipples appear in your dream, this signifies dependency. If you squeeze pus out of your nipples you may be feeling inadequate sexually.

Ears

If you see ears in your dream, this suggests that you could be more responsive or receptive to guidance and assistance from others. Alternatively, it signifies your immaturity and lack of experience. Such dreams may be about the need for the dreamer to listen to their own true feelings and make a connection with their unconscious self. Dream ears may also reveal a concern on the part of the dreamer that someone close to them is not being totally straightforward. If you have more than two ears in your dream, you may be feeling valued and respected. The size of ears in a dream can have important interpretative associations. Small ears could suggest that someone is not telling you the whole truth, whereas large ears can suggest the help and support of a colleague or friend. Ears being pulled in a dream can represent

disagreements in waking life. If there has been a dispute, perhaps the time is right to move forward with a sensible solution. If you are cleaning wax out of your ears, perhaps you are not listening, or refusing to listen, to the opinions of others. Are you turning a deaf ear?

Eyes/Eyebrows/Eyelashes

Any dream connected with the eyes is associated with observation and judgment. It suggests wisdom, enlightenment, and the dreamer's attitude to, and understanding of, the world. These windows of the soul can give vital clues to the state of your true health and well-being. Are the eyes bright? If they are, this suggests awareness. Are the eyes happy, sad, angry, kind? What color are the eyes? All this can tell you a lot about your way of looking at things. Darker eyes are linked to emotional and romantic relationships, whereas pale eyes are seen as connectors to the more social side of one's world.

If the dream eye is wide open, this can refer to innocence or the excitement caused by a new undertaking. Narrow eyes on the other hand may be a symbol of deceit or cheating. Dreams about eyes may also be a pun on 'I' or the self. If you dream that your eyes have turned inside your head and you can now see the inside of your head, then it symbolizes insight and something of which you need to be aware. This dream may literally be telling you to look inside yourself, and trust your own intuition and instincts. To dream that you have something in your eye could represent your critical view and how you tend to see faults in others.

To dream that you have one eye indicates your refusal to accept another viewpoint. To dream that you have a third eye symbolizes inner vision and insight. You need to start looking within yourself. To dream that your eyes are closed suggests your refusal to see the truth about something or the avoidance of intimacy. You may be expressing feelings of hurt, pain, or sympathy. To dream that you have crossed eyes denotes that you may be getting your facts mixed up. Loss of eyesight suggests loss of clarity, and, depending on which eye is lost, can be the loss of logic (right eye) or intuition (left eye). If eyesight is regained, this suggests a return to clarity or clear-sightedness. Lack of eye contact suggests avoidance of intimacy.

To notice eyebrows in your dream represents expressions of disbelief, surprise, or doubt. Eyebrows are also thought to reflect dignity and honor, and could indicate the fact that you are about to be recognized or appreciated

by some unexpected source. If hair is being shed from the eyebrows, you may be worried about how others view your status. Eyelashes are thought to represent secrets or secretive pursuits.

Face

If you dream of your own face, it may represent the persona you present to the world and not your real self; this is particularly so if you are putting on make-up. A dream face therefore refers to how you would like to be seen. If a beautiful face appears, this may be connected to feelings of pride and satisfaction. If the dream face is unknown, this suggests a possible change in the dreamer's waking life. If a dream face is being washed or cleaned, this can have links to guilt or sin, as the act of cleaning indicates a desire for a fresh start. If the faces are familiar, it could be a portent of future social gatherings. To dream that your face is flawed or pimply represents erupting emotions. You may have suffered an attack on your reputation in waking life. If you are blushing, this suggests embarrassment and feelings you do not want to reveal to others. An elderly face may simply be a projection of life in the future. However, aged faces also carry symbolic ties to the notions of wisdom and longevity.

If you are hiding your face, you may be ashamed of something or be feeling low in confidence. If your forehead is fine and smooth in your dreams, this suggests good judgment and intellectual ability. To see a wrinkled forehead, however, suggests worries and burdens. If you see your cheeks in your dream, this symbolizes commitment, intimacy, and closeness. To see rosy-colored cheeks in your dream signifies enthusiasm and energy. Bear in mind the significance of puns too; are you facing up to your problems, or do you need to deal with someone or something face to face? Ancient dream oracles say that to see your face in a mirror in a dream means that a secret will be discovered.

Feet/Toes

If you see your own feet in your dream, your unconscious may be advising you to keep your feet firmly on the ground, as feet symbolize your foundation, stability, and sense of understanding. Such a dream signifies your need to be more practical and sensible. Alternatively, it represents mobility, independence, and freedom. Perhaps you are reconsidering the direction of your life and your dream is advising you to move forward one step at a time.

Slow-walking or lazy feet may reveal uncertainty, whereas feet marching powerfully link to feelings of confidence and purpose. Thereafter, the strength and determination of your dream feet may indicate how you are approaching a certain task.

For a Christian, dreaming of washing feet is a sign of forgiveness, but it can also mean that you are keeping a safe distance from a current problem and will return to it when you feel better able to tackle it. In India, to dream of the feet may symbolize divine qualities in the dreamer, since the feet are considered the holiest part of the body. Consider also the pun of putting your foot in your mouth or putting your foot in it. If you are walking barefoot in your dream, you have your feet firmly placed on the ground in waking life. Loss of a foot or feet in a dream indicates feelings of helplessness in waking life. To see toes in your dream represents the minor details of life and how you deal with them. If your toenails are growing in your dream, this symbolizes an extension of your understanding in a particular matter. If your toe is hurt, perhaps you are feeling anxious about moving forward with someone. If someone is kissing your toe, they may be trying to reassure you in waking life.

Fingers/Thumbs

According to Freud, fingers and thumbs are prime examples of phallic symbols. They can, however, also represent physical and mental dexterity or quickness, as well as their opposite: clumsiness and ignorance, as expressed in the saying ‘being all thumbs’. In some cases, fingers may be expressive of your feelings, and many of the idioms involving fingers – the finger of scorn, the accusing finger, the finger of suspicion – suggest problems with self-image and trust. If a finger is pointing at you in your dream, you could feel guilty about something you have done. Alternatively, the dream could be pointing you in a new direction.

Fingers can also denote partnership, especially if the wedding finger is highlighted. If your fingers are injured or cut off, perhaps you feel anxious about your ability to accomplish some demanding task or perform in some waking situation. Consider what aspect of yourself the dream is pointing out. If the dream focuses on your fingernails, this suggests that you enjoy being surrounded by grace, beauty, glamor, and art. If your fingernails are dirty, you may be disappointing your family in some way. If your fingernails break, you may be trying to avoid some situation or trying to get out of a

responsibility. Dreaming of a thumb suggests awareness of how powerful you are, depending on whether the thumb is pointing upwards (positive) or downwards (negative). The latter was used as a death signal by the ancient Romans in gladiatorial games. According to ancient dream oracles, an extra finger suggests that you will receive an inheritance.

Genitals

If you dream of your genitals, this most likely represents your feelings and attitudes toward sex, and toward your femininity or masculinity. To see an exceptionally large or small penis suggests doubts and anxieties about your sexual drive and libido. For a man, a penis represents not just sex, but the whole drive of life, and his self-expression and capability in the world. In a woman's dream, the penis represents desire for a partner as well as a relationship to so-called male characteristics, such as ambition and aggression. If the penis is bleeding, this suggests emotional hurts that are inhibiting libido and self-expression. Testicles in a dream depict the male sexual drive, so loss of testicles, or small testicles in a man's dream, could suggest anxiety about sexual performance with a woman. In a woman's dream, testicles could indicate her feelings about sex with a man or what she is doing to the man in herself.

Dreams of a vagina are more to do with self-image. In a woman's dream, a vagina represents her receptivity, her nurturing feelings, her desire for a mate, and the sense of connection with other women. In a man's dream, it highlights his need to thrust forward both physically and mentally. If the vagina is bleeding, this suggests fears about sexuality and femininity.

See also **SEX**.

Hair

In dreams, hair is a symbol of strength and virility. If the hair is in a good condition, the dreamer may be feeling vital or strong, but if hair is in a bad condition, this can reveal feelings of low self-esteem or a lack of strength. If you are combing hair, this suggests your attempts to untangle a particular problem or attitude you have in waking life. If your hair is being cut, perhaps you are trying to create order, or sort out your responsibilities. Traditionally, a haircut represents success or an achievement in a new project, but if you are unhappy with the haircut it can also indicate a loss of strength and worries about your self-image. Another interpretation is that cutting hair suggests

conformity, as long hair was a symbol of rebellion in the 1960s. If you are cutting someone else's hair, this may be a warning to be on your guard in relation to anyone around you who is acting negatively toward you.

Hair blowing in the wind or flowing free suggests you need to feel free and express your feelings in an uninhibited way. Brushing hair indicates clarity of thought. Changing your hairstyle or washing your hair suggests a change in attitudes or a change of mind; you may want to 'let your hair down'. If hair is disheveled, this suggests mental confusion. A plait or a ponytail suggests discipline and self-restraint, and also links in with childhood. If the hair is overly perfumed, this can be linked to your vanity. If you applied the perfume yourself, then perhaps you are acting in an arrogant way about something in your life. A wig signifies a false attitude or persona. If you are bald in your dream, this can highlight your intelligence, but it can also highlight anxiety about growing older. Alternatively, it could suggest a loss of self-esteem or, according to Freud, a fear of castration. Dreams about hair loss can also represent worries about getting older.

Hands

Hands can signify power and creativity. You use them to express yourself and as extensions of your personality. Consider the nature of the gesture of your hands in your dreams because it signifies what sentiments your dream is trying to express. If the hands are dirty, perhaps you are behaving in an inappropriate manner and you need to think about cleaning up your act. A fist can suggest anger or passion, folded hands can suggest acceptance, joined hands affection, and upheld hands justice or a blessing. Clasped hands indicate friendship, a hand on the breast submission, and, if the hands are placed together, this suggests vulnerability. If hands are covering the eyes, this represents shame or disgust, while hands bound or tied up suggest feelings of restriction. If you place your hand on someone else in a dream, this can suggest a pledge of service and wringing your hands suggests grief. If hands are raised to the head, this can indicate the need for greater care and thought. A handshake suggests contacting an aspect of yourself or the growth of a new friendship.

Generally, left hands symbolize feminine, receptive qualities, while right hands symbolize so-called masculine, active attributes. Sometimes in dreams the left hand can suggest cheating. If you hold a different object in each hand in your dream, this indicates some kind of conflict between your beliefs and

your actions in waking life. To dream that your hands are injured denotes an attack on your ego. Large hands signify enormous powers of self-expression. To dream that your hands are hairy denotes that you will play a part in falsely incriminating someone. To see blood on your hands signifies that you are experiencing some sort of guilt. To dream that you are washing your hands represents a worrisome issue that you need to work through. If you dream about the palm of your hand you may be thinking about your future. Thankfully you have free will, so positive actions taken now can determine your future.

Head

To see a head in your dream signifies wisdom, intellect, and logic; it may also represent your accomplishments. That the head stands for the themes of decision making, intellect, and thought is fairly obvious, given the huge number of idioms for head and face; if we think of an idiom such as ‘to lose one’s head’ or ‘to lose face’, it is fairly clear what dreams of headless or faceless bodies might mean. Dreams may also use the image of a head to show that you are in two minds about something, or in the process of changing your mind. For example, if you change your head in your dream, this indicates a change of attitude, being uncertain about something, or even being two-faced.

Legs

To see your legs in your dream suggests that you have gained enough confidence to stand up for yourself. If your legs are weak, then you may be feeling emotionally vulnerable. If you see the legs of someone else in your dream, this may indicate your admiration for them. Perhaps you need to adopt some of the attitudes of this person. If your legs are wounded or crippled, this signifies an inability to stand up for yourself. Perhaps you are lacking courage and refuse to make a stand. If one leg is shorter than another in your dream, this suggests some kind of imbalance in your life. You are placing too much emphasis on one thing and ignoring other important aspects of your life. If you have three legs in your dream, then perhaps you have taken on too many responsibilities. According to ancient dream lore, if you have a wooden leg in your dream, you will have many new worries. Bear in mind leg-related idioms such as: legless, didn’t have a leg to stand on, can’t stand up for myself, ball and chain on my legs.

To see thighs in your dream indicates strength and endurance, and it refers to your ability to make things happen. To dream of your knees indicates feelings of inadequacy and vulnerability. You may have taken on more than you can handle. To see your calves in your dream suggests movement and versatility, and your ability to jump from situation to situation. It can also suggest that you are involved with someone who is needy and over-dependent. To dream about your ankles indicates that you are seeking support and direction in your life. Ask yourself where you want to be headed. Bear in mind the phrase 'Achilles heel'; could dream of heels be referring to your vulnerability or a particular weakness?

Mouth/Jaw/Lips/Tongue

The mouth represents the devouring, demanding aspects of yourself; it can also signify your need to communicate about something that is upsetting you. If the mouth is open, this may represent your receptive side, as in mouth-watering. On the other hand, perhaps too much has been said and it is time to close your mouth – in other words shut up. A dream of your mouth being buttoned or sewed up can again suggest regret over what has been said or done. If you dream that you are chewing, it might suggest that you are mulling over, or considering, something. If you are pulling something out of your mouth, perhaps you need to clear the air by expressing your feelings, or do you have a nasty taste in the mouth?

To see your own tongue in your dream signifies self-expression. Have you said too much or do you need to say more? If you rip someone's tongue out in a dream, this means that you are extremely upset by what someone has said in waking life but have been unable to express your anger. To dream of your own jaw in your dream represents your stubbornness, determination, and forcefulness. If your jaws are tight, this could suggest unexpressed anger and other powerful feelings that you are holding back. If lips appear in your dream, this is associated with sensuality, sex, love, and romance, as well as communication, as in 'read my lips'.

Neck/Shoulders

To see your own or another person's neck in your dream signifies your need to control your feelings and keep them in check. Consider the familiar phrase 'don't stick your neck out', which serves as a warning against a situation. If your neck is injured, this can indicate a separation between heart and mind. If

your neck is thick, perhaps you have been quick-tempered recently. Consider also the following idioms: breaking one's neck, up to one's neck, stick one's neck out, dead from the neck up/down. Shoulders in a dream suggest strength, responsibility, and burdens. Do you feel that you have much responsibility to bear in waking life? On the other hand, shoulders can also represent support and your ability to soothe others, as in the phrase 'a shoulder to cry on'. To see your throat in your dream symbolizes the ability to express yourself and communicate your thoughts and ideas. If your throat is sore, perhaps you are having problems expressing yourself. Alternatively, you may need to swallow your pride. If a graceful, long neck appears in your dream, this suggests good fortune in waking life.

Nose

The nose in dreams represents curiosity and intuition. To dream that hair is growing on your nose signifies extraordinary undertakings needing a strong will and character to be carried through. To dream of a bleeding nose is prophetic of disaster and danger. Consider also the following idioms: have a nose for, nose out of joint, rub one's nose in, up one's nose.

Skin

Your skin is your shield against the outside world and your dream may be referring to the way you present yourself to others. A skin rash may be a pun, suggesting that you are making rash decisions or it may highlight concerns about your appearance. Are you thick skinned and reluctant to express your feelings?

See also **TEETH**.

Body Fluids, Functions, and Internal Organs

Blood

Blood is an important symbol, not only of life itself, but also of the soul, of physical strength, and rejuvenation. Whether you were cut or seriously injured, dreams in which you are losing blood or suffer a hemorrhage may therefore refer to loss of moral or physical strength; they may simply indicate a need for more emotional nourishment. Dreaming of drinking blood or receiving a blood transfusion may refer to the opposite: gaining strength and vitality. If a person you know gives you blood in your dream, your unconscious may have signaled that they have the potential to revitalize you.

If a woman dreams of blood, it may be associated with the onset of a period, the blood depicting whatever feelings she may have about menstruation. Blood is also a symbol of passion, love, anger, and even violence.

Blood on the ground or bloodstains on clothes in a dream suggest great injury or emotional pain to someone, perhaps to you or someone you know. If you dream of blood in a sexual context, this may refer to loss of virginity, fertility, or menstruation.

Bones/Pelvis/Skeleton/Skull/Spine

In dreams, a human bone represents strength, the structure, and support within yourself, and the need to be aware of your basic instincts. If you are burying a bone, perhaps you are hiding something about yourself or saving something for the future. If you are digging up bones, you are remembering something from the past. Broken bones may reveal your insecurities, depending on which limb is broken. For example, a thick plaster cast around a broken leg in a dream can suggest reluctance to face up to problems that are hindering your progress.

Dreams that feature the spine, back, or backbone are all symbols of your moral power and your strength and ability to stand up for yourself; but if you dream about the pelvis, it refers to your sexual functioning as a whole, including your reproductive success. The pelvis also links in with the way you merge with someone else in a relationship, or if you can allow that merging to happen. Some dreams show the pelvis connected with snakes or lizards; this is a symbol of powerful instinctual drives and urges that can flow up your spine and expand your consciousness.

If you saw a skeleton in your dream, especially if it was in a cupboard, are you concerned that certain things in your life you are trying to hide may come out into the open? The symbol could also refer to feelings or talents you have cut off or killed in real life. If you see a complete skeleton, you may need to reconsider the full structure of your life. The skull and crossbones are a symbol of danger but since the skull is a representation of the head, it can also symbolize intellectual ability. To be conscious of your skull is to appreciate your intellectual skills. To see a skull where there should be a head represents a part of the person that has died. To dream that you are talking to a skull is to recognize the need to be talking to people with whom you may have lost contact. When a skull is talking to you, a part of you that has been rejected or denied is coming back to life. As symbols of death, if you were

frightened by skeletons, skulls, and bones in your dream, this could point to your fear of dying or of a loved one's demise.

Breathing

A dream in which you have asthma or problems breathing may refer to problems in your waking life. In women, it may indicate difficulties with your animus or the male part of your personality; in men, it may relate to your sense of manhood. Alternatively, it may indicate a need for more space, air, or freedom. Dreaming of respiratory ailments or breathing problems can also suggest general anxiety about work, relationships or a difficult situation. Heavy breathing, panting, perspiration, or sweat in dreams is a symbol of some kind of fear, but also of excitement. If you dreamed that you needed an oxygen mask, your dream might be suggesting that you need to get some fresh air into your life, not just in the form of outdoor activity, but in the form of ideas and energy.

Internal Organs

If your dream features images of an appendix, either your own or someone else's, this indicates something within yourself that may have become a problem; it may also suggest an internal problem to do with appendix itself. If you are having your appendix out in your dream, this represents inner pain or problems that urgently need to be attended to in waking life.

If you dream of your brain, are you concerned about your poor memory? In dreams, brains indicate your intellect, insight, and creativity but they can also suggest what you really think. You may dream of something happening to your brain; something may tear at it, shoot it, or it may be impaled. Things that invade or harm your brain in dreams typically represent current factors in your life that are coloring your perspective or outlook. On the other hand, if you dream of having brain surgery or of prying a foreign object out of your brain, this may reflect a change in your way of thinking.

In dreams, the heart generally indicates emotion, pity, sympathy, and likes and dislikes; not just romantic love but your way of loving all things. It can also reflect problems with not having followed your heart or a change of heart. Being stabbed, shot, or in any way injured in the heart may depict emotional hurt; it could also be a warning of a physical heart problem, reflecting an anxiety about, for example, your high blood pressure.

Unless you are a heavy drinker and your dream is urging you to take

better care of your liver, in dreams this organ represents the liver as in someone who ‘does the living’. The dream is reminding you that you are not a machine and life should be lived to the full if you are to find true fulfillment. In dreams, lungs might relate to tension or feelings of being suffocated in a relationship or situation; they may also be to do with smoking and your desire to give up.

Dreams of the ovaries and uterus (for women) and testes (for men) represent not just sexuality, but a sense of validity or adequacy in the real world. Such dreams may also represent fears or feelings about having children or the ability to express your creativity. But if you were to dream of the rectum – a place often seen by children as the origin of babies – it may indicate the place from which things begin, your deeply personal self, your need for privacy, and your resentment of intrusion.

Menstruation

Dreams that feature images of menstruation indicate the very mystery of life itself; the acceptance of the life processes in yourself if you are menstruating in your dream, and non-acceptance if you are not. Such dreams can also represent the desire to have children. If irregular periods, PMS, or problems with menstruation appear in your dream, these may refer to emotional problems needing your attention, or issues concerning sexual selfishness on your part. In his book *Our Dreaming Mind*, dream expert Robert Van de Castle describes research he did on the subject of menstruation and dreams with the help of nursing students in Miami, Florida. He found that dreams changed according to the different phases of a woman’s menstrual cycle. Before ovulation, more male characters appeared in the dream and the women found them more appealing, with women characters pushed to the background. After ovulation, the dreams tended to be more hostile toward men, depicting them as less attractive. If you are a man dreaming of menstruation, it may refer to your receptive, nurturing nature, or the aspect of yourself that is creative.

Research has shown that in the week or so leading up to menstruation, women who suffer from PMS spend an increased length of time in dream sleep, the dreams they report being extremely vivid and colorful. The conclusion drawn by researchers is that one of the functions of the dreaming mind is to help dreamers deal with difficult states of emotion and anxiety. Dreams that focus on the menopause are likely to indicate change, the end of

one phase and the beginning of another.

BOMB

See **EXPLOSIVES**.

BONE

See **BODY**.

BOOKS To dream of books can symbolize knowledge, wisdom, intelligence, the search for knowledge, and the ability to learn from the opinions of other people. If you are surrounded by books in your dreams, this might suggest that you are more concerned with theory than practice. Depending on the kinds of books that figure in your dream, they can also suggest the world of imagination and escape. Are you surrounded by literary novels, racy best-sellers, or fascinating biographies? If the books are very old, this suggests learning and inherited wisdom. If the books are account books, this indicates a need to take care of financial matters.

Sacred books, such as the Koran or the Bible, signify a search for hidden or sacred knowledge. Dreaming of a sacred book can also represent a need to know you are heading in the right direction. To dream of an encyclopedia suggests a hunger for knowledge and new experience, as an encyclopedia represents collective human wisdom. On the other hand, it can also suggest information overload and a need to find focus. To dream you are searching in a dictionary suggests a need to find answers to a particular problem or situation in your life. It can also suggest an over-reliance on the opinions of others. If you look up a particular word in your dream, this can be very significant. Finally, a poem is the ultimate form of self-expression, so if you are a poet, or a poet figures in your dream, or you are reading poetry, your unconscious is urging you to find a creative outlet in waking life.

BOOT

See **SHOES**.

BOSS

See **WORK**.

BOT
See **INTERNET**.

BOTTLE This symbol could suggest bottled up feelings but if there is something in it, it may indicate resources you have or are unaware of.

BOTTOM Is there something at the back of your mind? If you are at the bottom of a well (or anything else) it may suggest feeling that you are no longer sustained or held up by your daily routine.

BOUNDARY A dream featuring a boundary or a frontier may suggest challenge and criticism or the ability to overcome problems.

BOX
See **CONTAINER**.

BOXING If you dreamed of boxing, wrestling, or practicing any kind of martial art, such as karate, judo, or kick boxing, your dream may have had either hostile or defensive undertones. The violence of boxing or martial arts reveals a repressed hostility toward someone or something in your waking life. A knockout can indicate a guilty wish to inflict punishment or pain. Your dream may also be urging you to adopt a more calculated or self-disciplined approach to a certain threat or challenge in real life. At its most basic, boxing is an endurance sport; in dreams, it can suggest a period of uncertainty during which your intuitive and rational halves will be in conflict with each other. Your dream is telling you that if you have self-discipline and patience, you can develop inner strength and resilience.

BOY If the child in your dream is a boy, you know the dream is commenting on your feelings about the boy but referring these things to yourself. For example, if the boy is disruptive, it may depict your own desire to cause disruption of some kind in waking life. It may also indicate a male child in waking life who is giving you cause for concern. If you do not recognize the boy, it suggests that you need to be a little more adventurous and bring excitement to your life. In a man’s dream, an unknown boy can

represent new potential and the part of himself he needs to ‘father’ in order to grow and mature. In a woman’s dream, an unknown boy can suggest your developing ability to express your feelings in actions.

BOYFRIEND
See **RELATIONSHIPS**.

BRACELET
See **JEWELRY**.

BRAIN
See **BODY**.

BRANCH
See **TREE**.

BRAKES
See **CAR**.

BREAD
See **FOOD**.

BREAK To dream that you break something, like a window or a chair, indicates that changes lie ahead and that you want to change the direction in which your life is heading. Alternatively, it suggests that you need to take things more slowly. If you drop or smash things in your dreams, this indicates that you are letting go of – or need to let go of – some project, relationship, person, or idea. Be sure to analyze the significance of what is being dropped or smashed. Another explanation for dreams of breaking things is that you are expressing some dismay or regret at how you let something slip through your fingers.

BREAKFAST
See **FOOD**.

BREASTFEEDING To dream that you are breastfeeding symbolizes tenderness, love, nurturing, and motherly love. It indicates your unconscious connection with the nurturing principle. To see someone nursing or dream that you are nursing suggests that you are nurturing, or need to nurture, aspects of yourself.

BREASTS

See **BODY**.

BREATH Breathing indicates the presence of life, so in your dream the condition or speed of your breathing may depict your pace of life. If you are holding your breath, this suggests fear and stress. If you are panting or breathing fast, this suggests excitement and stimulation. If you are underwater or not breathing at all, this reproduces the condition of the womb and indicates a need to escape from waking reality. To dream of breathing warm air denotes the possible onset of trouble, while breathing cold air foretells strength and courage. If you are feeling stifled by stale air or oppressive humidity, this indicates an ill-advised friendship that isn't encouraging the dreamer to fulfill their potential. Or perhaps you feel stifled by your current circumstances in waking life. Alternatively could you be feeling breathless with anticipation? If you dreamed of taking in great gulps of invigorating air, your dream may be urging you to clear the air – resolve a tense situation – in your waking life, or it may have been referring to a sense of freedom and lightness.

BREATHING

See **BODY**.

BREEZE If you dreamed of stepping outside in your dream and feeling a fresh and gentle breeze, this has symbolic associations with the life force or spirit that is trying to breathe new energy into your waking life. Alternatively, your dream may have been urging you to have a brighter and breezier attitude to your waking life by blowing away the cobwebs and pulling yourself together.

BRIDE/BRIDEGROOM/BRIDESMAID

See **RELATIONSHIPS**.

BRIDGES If bridges or a bridge appear in your dream this is a clear symbol of transition from the present to the unpredictable future. Crossing the bridge suggests that you possess the strength within you to cope with life's journey and with difficult events such as moving home, divorce, or a new job. If you dream of wandering across a bridge, can you see what potential future was waiting for you on the other side?

BRIEFCASE If you lose your briefcase, handbag, purse, or wallet in your dream, your unconscious may simply be urging you to be more careful with your finances in waking life. Handbags for women and briefcases for men are highly personal items, carrying everyday and emergency objects, not to mention address books and keys, and if you lose either in a dream it might suggest that you are feeling anxious about your identity in waking life. On the other hand, if you were looking through someone else's bag, you may be curious to know more about them in waking life. As symbols of femininity, handbags and purses in dreams may also refer to female sexuality, while briefcases and wallets may refer to male sexuality.

BROOM Dreams that feature brooms are considered to be a sign of good fortune, suggesting that you are making a clean sweep in your waking life. The dream may be urging you to sweep out something from your past, so pay attention to what you are sweeping up. If the broom is damaged, you may be suffering from low self-esteem or feelings of insecurity. If the broom is being used outside, are you taking too much interest in the outside world and neglecting what is really important to you?

BROTHER In dreams, brothers tend to depict an aspect of yourself rather than the brother himself. They can also represent the characteristics you like

or dislike about your own siblings and the dream may be telling you something about those particular characteristics in yourself. An older brother can represent experience and authority, while younger brothers can suggest vulnerability and, in some instances, immaturity. If a woman dreams of a younger brother, it can express either her own or her brother's rivalry or vulnerability, but if she dreams of an older brother, it might signify her extrovert self.
See **FAMILY**.

BROWN
See **COLORS**.

BRUISE
See **BLISTER**.

BUBBLE This image in a dream suggests day dreaming or something that isn't real or something delicate that can easily be damaged.

BUCKLE
See **CLOTHES**.

BUD If you dream of flower-buds in the middle of winter, your unconscious may be mirroring your longing for spring and warmth. It might relate to a budding relationship, a potential talent waiting to be developed, or to someone close to you. The unconscious can sometimes use buds or seeds to symbolize unborn children, the potential germination of an idea. If you picked or nipped your bud this could be urging you to nip something in the bud. If the bud looked plump and ready to flower this could mirror a potential development in your life. To recap: a flower-bud represents new beginnings and your potential, while an opening or blossoming flower indicates development and fulfillment. So, a magnificent bloom could reflect your sense of satisfaction and fulfillment at having realized your potential? If you feel that you are past your prime, a bloom that is losing its petals may echo your sense of regret and loss.

BUDDHA In dreams Buddha characterizes the highest spiritual attainment; enlightenment and the true wisdom that accompanies it.

BUILDER

See **WORK**.

BUILDING Carl Jung talked about recurring dreams he had in which he would discover parts of his house that he didn't know existed. In these dreams he believed the house represented his personality, and the new things he discovered in the house related to new developments in his work. Many dream researchers subscribe to Jung's theory and believe that buildings in dreams represent aspects of the self, or constructions we make in our lives. The upstairs represents the conscious mind, and the lower floors and cellars the unconscious, or hidden, mind. Different parts of the building might represent different times in your life, and the attitudes and beliefs you have built from experience. The features of your dream building can also mirror features of your personality; by so doing, they reflect your character, hopes and dreams, and how you feel about yourself.

If you dream of a house or a building, ask yourself what aspect of you the building represents. Does it represent how you see yourself? Is it a symbol of your body, mind or spirit? If the house is crumbling or decaying, are you in need of some kind of psychological, spiritual, or physical cleaning and renewal? If the building is burning, does this show your desire to get rid of something that is holding you back? If the building is in ruins, do you feel worthless and manipulated by others? If the building is tall, does this suggest ambitions yet to be fulfilled? Is the house symbolic of your feelings in childhood or other past experiences? What are the conditions like in the house? Ask yourself what personal associations the buildings in your dreams have and what they represent to you.

The environment and your feeling reaction to the building in your dream will all contribute important clues as to its meaning, but it is also important to bear in mind the purpose for which the building is used in waking life. For example, castles and fortresses suggest protection and royalty, whereas factories suggest work and routine. Although high-rise buildings are believed to be phallic symbols, as a type they all have different functions: skyscrapers are homes and workplaces, lighthouses offer hope to sailors at sea, and

towers isolate, elevate and imprison.

Churches and religious buildings offer us hope and quiet reflection, libraries and museums supply us with information and stimulate our minds. Courts provide social justice, while public buildings symbolize work, tax, bureaucratic, or legal matters that need to be sorted. Hospitals are centers of healing and castles are historical icons. Houses, condos, apartments, mansions, and palaces offer different types of accommodation for different types of needs. Prisons are places for criminals to learn the consequences of their actions, and hotels provide a welcome break from home.

Components of a Building

If you dream of a balcony, ledge, or sill, this suggests a need for support and protection in your life. An elevator or lift in a dream usually suggests how we deal with information. If the lift is going down, we may be going down into our unconscious for self-understanding, whereas a lift going up could represent moving toward greater self-understanding. Halls or passageways in a dream can, for Freudians, represent passages within the body, such as the vagina or penis. On a psychological level, they can suggest how we let others invade our personal space. On a spiritual level, passages can represent the different stages of our life. A hall is the center of a building and to dream of entering a hall may therefore represent the beginnings of a journey toward self-awareness. According to dream lore, to dream of a long hallway suggests a period of worry ahead.

See also **HOME**, **HOUSE**.

BULB A flower bulb is likely to indicate something that can expand and express its magnificence. It refers to the budding of your talent or the realization of your plans in waking life.

BULL

See **ANIMALS**.

BULLET

See **EXPLOSIVES**.

BULLY

See **ARCHETYPES**.

BULLYING If someone is being bullied in your dream this could represent your unfair treatment of someone in real life. If, however, you are the victim in the dream do you feel vulnerable, abused, and powerless in your waking life?
See also **SCHOOL**.

BURGLAR/BURGLARY You may dream that a burglar is trying to get into your house; eventually he gets in and you frantically try to hide or call for help. But all to no avail. If you have this dream, it suggests that something surprising has entered your life and is creating tension. The house symbolizes you and the intruder is someone who has crossed the line into your territory, shaking things up. Career changes or new relationships may trigger this dream, as it is drawing your attention to potential drawbacks in a situation that you may not yet be ready to acknowledge.
See also **HOME**, **SHADOW**.

BURIAL
See **FUNERAL**.

BURNING/BURNED To set something on fire suggests intense emotions and/or passionate sexual feelings. Alternatively, it may suggest that you need to take time off for yourself and relax, or that your unconscious is alerting you to the need for a smoke alarm. To dream of being burned alive may suggest fears or a new phase in your life or a new relationship.
See also **FIRE**.

BURPING To dream that you fart or burp in public suggests that you are being passive aggressive. You need to express your hidden resentment or feelings in a more direct manner.

BURYING What are you trying to cover up or hide in your waking life?
See also **DIGGING**.

BUS According to Jung, riding on any form of public transportation suggests that you are being too conformist in your waking life. If you have a dream of being on a bus, your dreaming mind may be urging you to become more independent. A double-decker bus symbolizes the many levels of a problem and the need to consider things from a different angle. If you are waiting at a bus stop in your dream this often represents a transitional time in your life.

BUS DRIVER

See **WORK**.

BUTCHER

See **WORK**.

BUTTER

See **FOOD**.

BUTTERCUPS

See **FLOWERS**.

BUTTERFLIES

See **INSECTS AND ARACHNIDS**.

BUTTOCKS

See **BODY**.

BUTTONS Buttons or badges in dreams draw your attention to your right to be part of a team or group of people. It could also mean that you are being singled out for special recognition. The spiritual interpretation is that you need to be accepted, not just as yourself, but as part of a greater whole.

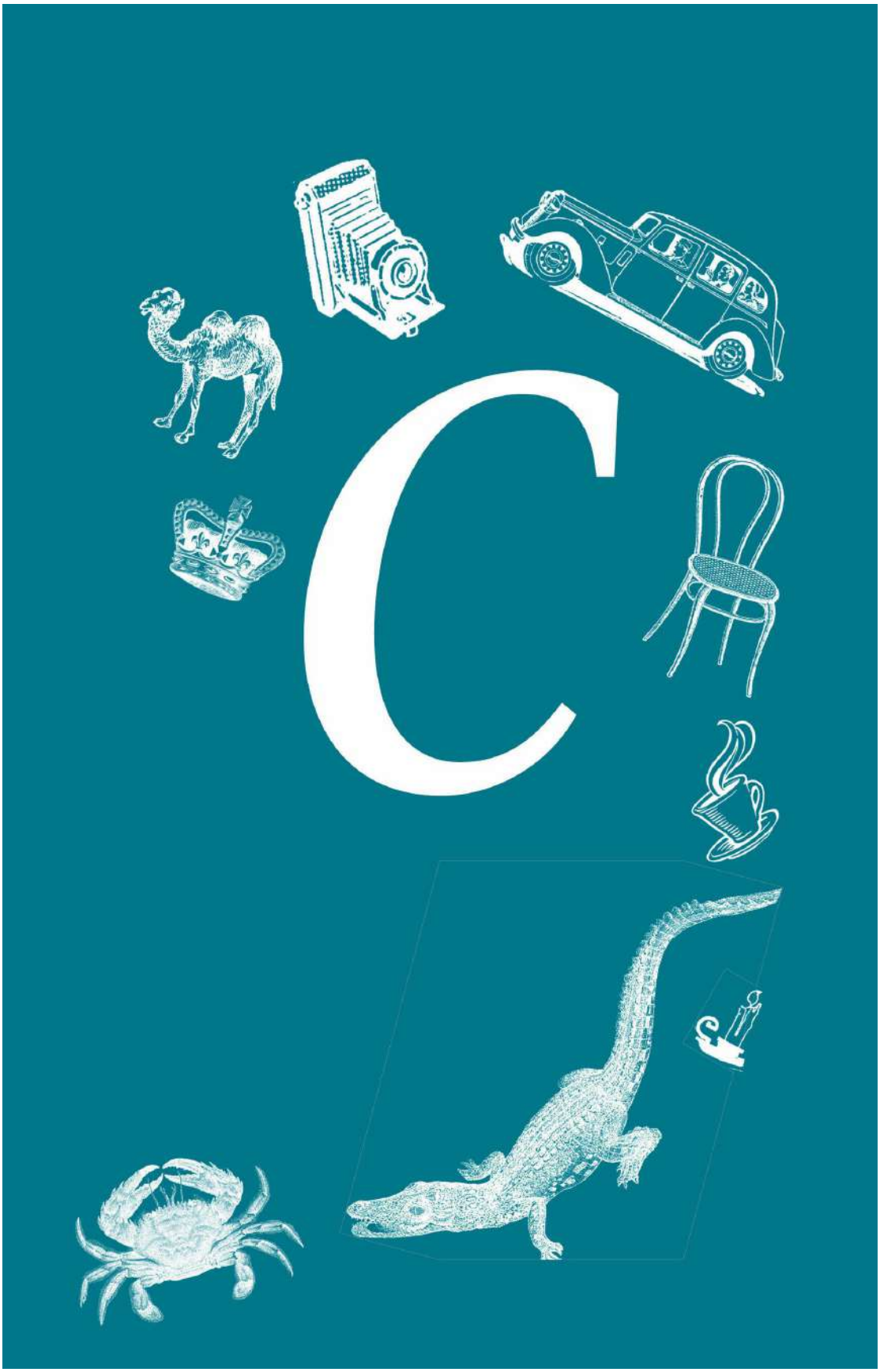
Buttons on clothing hold things together and are used to open and close garments. In your waking life, are you opening or closing yourself to others? See also **FASTENINGS**.

BUYING

See SHOPPING.

BUZZARD

See BIRDS.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CAGE A symbol of psychological entrapment, a cage in your dream may represent some kind of frustration in your daily life. There may be feelings of inferiority or a desire to break free from social conventions.

CAKE

See **FOOD**.

CALENDAR A common dream symbol, calendars may be referring to your past or your future. If a date is highlighted in a calendar in your dream, consider first of all whether or not the date has any significance to you; if it does, it is simply reflecting your interest or anticipation. If the date has no significance for you, it might be worthwhile checking your calendar to see if you have forgotten something. If this also is not the case, then calendars and dates in dreams may be drawing your attention to the speed of time, and therefore are urging you to focus on achieving your goals before it is too late. If you come across an old calendar in your dream, this suggests nostalgia for the past, while pages torn from a calendar represent the passing of the years. When you write in a calendar you are recording your experiences and making a record of your past. If you dream of finding a calendar, your dreaming mind may be urging you to make the most of every day. If your dream calendar or diary highlighted an important day, anniversary, birthday, or holiday, your dreaming mind may simply be reflecting your anticipation or your dread of the occasion. Your mood in the dream will help you decide on the significance of the message. If the date of your birthday is highlighted your dreaming mind may be reminding you again that your days are numbered. Alternatively it could be reflecting your desire to be noticed or made to feel special or your discomfort with being in the spotlight. If an anniversary is highlighted in your dream and your mood is positive, your unconscious may have been congratulating you on your past successes or reflecting pride and pleasure at having achieved a personal milestone. If the mood is negative, the

opposite would apply. Special days like New Year, Christmas, Easter, Mother's Day, Valentine's Day, or other holidays can communicate several meanings and it is important to take your waking associations with that day into account.

CAMEL

See **ANIMALS**.

CAMERA/CAMCORDER If you had a dream in which you were using a camera or camcorder, and you were taking photographs or filming an event or person from your waking life, this most likely mirrors your sense that time is passing fast and your desire to capture a moment in time before it is gone. In dreams, cameras and camcorders are symbols of committing something to memory and they often appear at times of exam stress, expressing your wish to have a photographic memory that can absorb and retain information quickly. If you find yourself studying a specific photograph or film that you have taken in your dream, this suggests that something in your waking life may have escaped your attention and you need to re-examine it in more detail. A dream of using a tape recorder may have a similar interpretation to dreams of using a camera or camcorder, in that you wish to remember the chatter and noise that is currently filling your life. If you hit any of the buttons on your camera, tape recorder, or camcorder, this may express a wish to pause, rewind or fast-forward to the past or the future.

If you dreamed of recording your thoughts on a Dictaphone, this may be to ensure that you remember them when you awake. If you dreamed of peering through a camera lens and become frustrated because everything was out of focus and you couldn't get it into focus, the suggestion may be that you are not seeing things as clearly as you should in waking life. Perhaps your mind is clouded with emotions and you have lost sight of the truth. If you fitted a wide-angle lens to your camera or adjusted the focus to improve your vision, the implication may be that you need to take a broader view of your waking situation. Pay attention also to the image you are filming or photographing and ask yourself whether you are portraying it accurately; this will indicate whether you have an accurate or distorted viewpoint in waking life. Finally, do not forget that cameras and camcorders are also tools used by artists and creative people to produce beautiful shots or thought-provoking

films, so if you dreamed of feeling happy when using your camera or camcorder, this could suggest that you are neglecting your creative talent in waking life.

CANAL Canals, dams, and reservoirs are all designed to regulate water flow and in dreams they suggest conscious attempts to control emotion; how effective they are at directing the water mirrors how effective you have become at controlling your emotions in waking life. A canal may also symbolize the birth canal and thus represent a desire for children. Because reservoirs are where water is collected and stored, if one features in your dream, could it be commenting on your own emotional reserves? The water level of the reservoir in this dream is important. If it is high, your emotional resources are abundant but if it is low, you may be feeling emotionally drained by the demands of others. In dreams, dams also suggest control over your emotions, and their effectiveness in your dream will say a lot about your emotional health. If, in your dream, you were standing on a bridge watching the water flow beneath you, you could be ready to leave the past behind – as suggested by water under the bridge – since you are at a turning point in your life (the bridge is a symbol of transition).

CANARY

See **BIRDS**.

CANCER If you dream that you have cancer or some other life-threatening disease, it is unlikely that you have the disease in question. However, if you are concerned and feel run down, it might be worth seeing your doctor. It is more likely that the cancer in your dream is referring to a person or a problem that is eating away at you and lowering your resistance in real life. Try to work out who or what it might be. On the other hand, you might know someone born under the Zodiac sign of Cancer and the dream may be referring in some way to them.

CANDLE The small flame of a candle can spread considerable light, so if it appears in your dream, it may be suggesting that only a small amount of energy will achieve the same results in waking life. And because the light of a candle illuminates, your dreaming mind may be focused on intellectual or spiritual development. If you are blowing out your candle, this could suggest the ending of a phase or relationship in waking life. If you put the candle out with spit or urine, is this a symbol of your disgust at, or disapproval of, a person or viewpoint in waking life?

CANDY

See **FOOD**.

CAP

See **CLOTHES**.

CAPTAIN

See **WORK**.

CAR Dream cars can symbolize the image or persona you are trying to project to others; this can be sleek and powerful, or practical and powerful. Whenever a car appears in your dream, the first thing to do is to consider your personal associations with that car. If you do not envisage yourself owning this particular car, ask yourself why your dreaming mind selected it. What does it say about you? The answer should tell you a lot about your character, your self-image, and your driving force or ambition. Dream cars can also represent yourself and your ability to control your life.

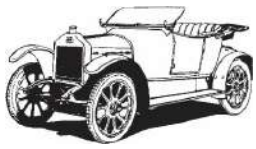
Are you a good driver in your dream? If you are, this suggests you are in control of your life. If you drive badly, however, your unconscious may be warning you that you are making too many mistakes and heading for an emotional crash. If a back-seat driver appears in your dream, could this represent someone who is trying to influence your life? Is someone else driving the car? Do you feel that this person is controlling your life or influencing you? Your dream may be expressing your dependence and lack of control. Pay attention to the people you are driving as this might suggest your feelings of responsibility toward them. If you are not driving, are you

happy to be driven by someone else?

If a dream car symbolizes your persona, then the steering wheel represents your conscious mind, and the engine and gas your unconscious, or your inner power and energy. If your dream journey was smooth, this suggests stamina and energy, or to Freudians, progress in psychoanalysis. A bumpy road suggests anxieties arising from the unconscious. If you broke down or ran out of gas, this suggests that you are on the verge of depleting your physical, financial, or emotional resources. If you have a dream in which you are speeding or get a speeding fine, this suggests your pace of life is way too fast or that you are living life in the fast lane. Are you in danger of losing control? Your dreaming mind may be urging you to slow down – particularly if brakes feature in the dream.

If any other part of your dream car was featured, you can draw a parallel with your waking life. For example, if a tire was punctured, do you feel deflated? If the pedals were not working properly, do you need more energy to make further progress in waking life? If car wheels appear in your dream, this is a call to action. For Jung, the wheel is a potent symbol of the life force and creativity energy, while for Buddhists and Hindus a wheel indicates universal truth. Dreams of seat belts suggest a sense of safety and caution, while whether you have your headlights switched on and off may symbolize whether your awareness is on or off. Car mirrors are clear symbols of looking at the past and seeing the effect of past events on your possible plans for the future.

If you are taking a taxi in your dream, this suggests that you are willing to take a back seat in life and let others do the driving, rather than relying on your own efforts. If you are driving the taxi or car, this suggests a willingness to guide others. Dreams of drunk driving or driving without a license suggest that you are not fully in control of your life. They may also reflect feelings of inadequacy, or even an unwillingness to conform to social standards. If you are overtaken in your dream car, this suggests feelings of being left behind, while if you are overtaking, you may feel that you are getting ahead in life. If you are reversing your car, you may suffer from a sense of not getting anywhere, while if you dream of running over someone, are you killing an aspect of yourself? If you end up finding yourself having to be towed, this suggests anxieties about the dependent or needy part of yourself. Traffic in dreams generally means the opinions and concerns of other people, but if you are stuck in a dream traffic jam, this reflects your frustrations in life.



See also **PARKING LOT**.

CAR CRASH A dream of a car crash represents tensions about your efforts to ‘get somewhere’ or achieve your goals. You could be driving yourself too hard, or perhaps you are too eager to get ahead. If your car suddenly spins out of control and crashes into pedestrians, your unconscious may be alerting you to the need to have your steering and brakes checked. Alternatively, your unconscious may have been commenting anxiously on the way you are living your life. Are you in danger of losing control, coming to the end of the road, or have you set yourself on a collision course because of your life in the fast lane? If so, pay attention to who you hit in the dream and who was affected by the accident. For men, driving cars tends to relate to sex, so it could be some kind of warning. Perhaps you are being careless or casual in protecting yourself.

CARD GAME If you hold all the aces or win a game of poker with a royal flush are you feeling certain that you have a real advantage in the real world, of which those around you are unaware because you are holding your cards close to your chest or being secretive? There are many colloquial expressions associated with cards that your unconscious may be using to relay a message to you. For example, did you ‘play your cards right’? Did you ‘lay your cards on the table’, thereby revealing your intentions? If you did, your dreaming mind may be encouraging you to be more open about your intentions in real life. If you had an ‘ace up your sleeve’, are you biding your time? In dream lore, the old proverb ‘lucky in cards, unlucky in love’ may filter through into your dreams; some believe that to dream of a winning hand is indicative of unrequited love. Other authorities urge a careful rethink of finances to anyone who experiences a dream win. If you focused on a particular card, does this have a particular relevance for you in waking life?

Some dream analysts believe that particular suits have particular meanings that can aid dream interpretation. Hearts can suggest joy, happiness, love, and romance. Diamonds highlight money concerns but also

insights and aspirations. Clubs highlight knowledge, intellect, and achieving goals. Spades represent the difficulties of life and warn of obstacles ahead that you will need endurance to overcome. If the joker appears in your dream, your unconscious may be drawing your attention to someone in your life – perhaps you yourself – who is fooling around.

CARNATION

See **FLOWERS**.

CAROUSEL

See **FAIRGROUND**.

CARPENTER

See **WORK**.

CARPET In some instances, these can indicate the state of your finances; so bare floorboards, for example, would indicate hardship. Alternatively, do you feel as if you are being walked on or something is being covered up? Pay attention to the color and design; these may reflect how satisfied you feel with yourself. A carpet with a distinct floral design, for example, may be an optimistic symbol of a garden, but if the pattern is of a labyrinth or maze, perhaps you feel trapped and confused in your waking life.

CARRY Are you carrying a grudge or taking responsibility or 'carrying the load' in life, work, or a relationship? If you are being carried in your dream this suggests a yearning to drop your responsibilities and be taken care of.

CASH The appearance of cash or money in your dream represents those things you value in life, or perhaps your feelings of self-confidence. It can also signify your energy, personal resources, or what you feel about yourself. In some cases, dreams of cash or money link in with feelings of hardship or misery associated with the struggle to survive or pay your way. For Jung, money appears in dreams as a symbol of spiritual power and represents your ability to achieve your goals; in many dreams, money can depict your personal sense of power to change things or the power you feel you have over

others. What you pay in order to satisfy your desires or actions can also relate to sexuality and self-giving.

For Freud, money is a symbol of excrement, and dreams of hoarding money express an anal fixation, perhaps caused by the parents mishandling the dreamer's potty training in childhood. Such dreams may therefore suggest an obsessively orderly and obstinate personality. Dreams of a pile of coins are especially potent symbols of anal preoccupations.

Most modern dream analysts believe that dream money or cash is a symbol of security, although it may also indicate things of intrinsic value to you or the way in which you value yourself. Whenever you dream of money and those things with which it is associated – such as shopping, writing checks, banks, investments, prizes, or wills – you should consider whether they are commenting on the importance of things with a non-materialistic value in your waking life. Bear in mind, too, that money can represent emotional transactions in waking life.

Giving money may signify a generosity of spirit or kindness, or it may reflect emotional ties. Receiving money can suggest the acceptance of emotional support, while borrowing money may be a warning to pay attention to your current spending levels. Dreaming of a lack of money can suggest a lack of education or the need to achieve a desired goal and hoarding money can indicate selfishness. Finding money suggests that you are realizing something valuable or gaining power; such a dream is often accompanied by a feeling of release from stress. Holding on to money in your dream signifies feeling insecure, or being 'tight' emotionally or sexually; it is also a symbol of not using your power to get what you want. Losing money is a symbol of losing power or opportunity, or can simply represent the pain of loss. Not having enough money indicates a sense of being inadequate or may even be reminding a man about his failing potency. Stolen money represents feelings of guilt about gaining power, a sense that you do not deserve what you get; it may also reveal a sense of feeling cheated or feeling that others are taking us for granted. Perhaps you have given yourself cheaply in sex or in a relationship. According to ancient dreamlore, it was considered fortunate to dream of receiving or finding money, with some traditions going further and saying that a dream of finding money means a birth. Money dreams, of course, may simply reflect anxieties about your finances.

See also **MONEY**.

CASINO Devoted to gambling, casinos in dreams suggest making a game of life, in which the chances you take can have a very direct connection with real events. The image can also represent competitiveness and the desire to win at all costs. Being placed in a casino within a dream refers to the risk-taking qualities that you possess. If you are normally a passive person, the dream may be a sign that you should take a chance in your life. If you already live on the edge, the dream may suggest that you should make more careful decisions instead of relying on chance. What you are doing in your dream casino can indicate how you are playing the game of life. Are you playing recklessly and with no thought of the morrow, are you playing by the rules or are you seeking to exploit loopholes in the rules? All this can be seen as a comment on real-life situations, such as starting a business or new job.
See also **GAMBLING**.

CASSETTES AND CDS

See **DISC**.

CASTLE If you dream of a castle, citadel, or fortress, it suggests a defensive attitude. Do you have a real fear of being overwhelmed or defeated by a group of school friends or colleagues? Or are you feeling so vulnerable that you are putting up emotional defenses to protect yourself? The symbol of the castle is that of a place where you can defend yourself from attack, so it may represent the methods you use to protect yourself from ‘attack’. On the other hand, your dream may highlight your self-imposed isolation from others, and the sense of security you get from being self-reliant.

If your stronghold came under siege, did you identify the faces of your attackers? Are these people you know in waking life? And did your dream defenses hold firm? If they did, this suggests that you are successfully fending off attempts to wound or get through to your emotions. If you are a man who dreamed that you are laying siege to a castle, the Freudian interpretation is that it expresses your desire to have sex with a woman who has resisted your advances. The castle is also a place of historical interest, so it may suggest a need to look to the past for inspiration. It can also represent a mandala, a symmetrical pattern that symbolizes the psyche. If a courtyard or moat appears in the dream, this again refers to protection or the desire to feel safe and secure. The shape of the moat or courtyard will also be relevant.

When a castle features in your dream, it symbolizes honor and power, as well as recognition for things that you have accomplished. Dreaming of a castle also connects to the feminine principles of enclosed and defended spaces, and it can represent problems reaching your goals or the need for more security in waking life. If you are trapped in a castle in your dream, this may indicate that you have problems freeing yourself from old habits or attitudes. Trying to enter a castle may signify obstacles that you need to overcome before you can progress in waking life.

CASTRATE Can there be a more horrific dream for a man than the dream of being castrated? A woman dreaming of castrating a man is also expressing powerful emotions, perhaps a harsh desire to subdue a man in waking life or the masculine aspect of her personality. Bear in mind that in dreams there are many possible symbols for the penis; for example, dreams of cutting a necktie off, or losing an arm-wrestling competition, or demolishing a tall building all suggest the loss of the penis. When interpreting such dreams, your own feelings are important. For example, were you scared, confident, or unconcerned? You also need to find out who the person or thing attacking you was. Sometimes the dream may indicate a fear of impotence, or the fear that someone wants to emasculate you in some way. The attack may also not be on your physical manhood but on other areas of your life, such as your ability to do a job, provide for your family, or pay the bills.

CAT

See **ANIMALS, PETS**.

CATERPILLAR Often this represents male sexuality, or sexual intercourse, but it can also suggest untrustworthy acquaintances. If moving to chrysalis stage, this suggests you may be moving toward making very profound life changes. If already a chrysalis, a new aspect of yourself is forming and is ready to emerge. Caterpillars may also indicate a desire to withdraw from social activity.

See **INSECTS AND ARACHNIDS**.

CAVE Like a womb, a cave protects and conceals. It is associated with mystery, danger, and the unconscious. While the cave may appear

frightening, an exploration may reveal exciting things. If you enter the cave in your dream, this suggests change and a deeper understanding of yourself. If you are too afraid to enter, there may be aspects of yourself that you don't want to acknowledge. Or do you feel that you are about to cave in or give way to someone else?

In dreams, the cave is also an image of the womb and may represent sanctuary and protection from outside forces; it is a place to which you can retreat and regain your strength. Emerging from a cave into daylight may symbolize a new beginning, while descending into a cave or catacomb may represent a desire to explore your unconscious. Passing through a cave signifies a change of state and a deeper understanding of negative impulses within you.

CEILING

See **ROOF**.

CELEBRATIONS Dreams about birthdays, weddings, anniversaries, and other rites of passage ceremonies all contain symbolism associated with change. Notice how you felt in the dream. How did other characters react to you? Was there a sense of sadness or happiness in the air? Did the celebration run smoothly?

See **CHANGE**.

CELEBRITY Our fascination and adoration of favorite celebrities stems from a desire to emulate their positive qualities or talents. We admire them for their beauty and creative talent, and sometimes for their humanitarian work and political activism. Frequently we feel that these people are doing something that we would love to do but cannot because we have neither the opportunity nor the self-confidence. Whether you yearn to be as good looking, rich or powerful as the star that ascended from your unconscious depths into your dreams, or whether you simply have a crush on them, such dreams are typically a wish-fulfillment response of your unconscious to your desires.

As well as giving you temporary gratification and adding a hint of glamor to your life (perhaps in compensation for anxieties about your personal appearance or boredom with the routine of your life), your dream celebrity

may have had another purpose. A dream of Clint Eastwood or John Wayne or other celebrated icons of manliness may, if you are a man, have been acting out your anima; if you are a woman, your animus may have been Marilyn Monroe or Audrey Hepburn. Any of these stars may have highlighted personal qualities that you greatly admire, would like to possess or are relevant to your current situation. For example, if you dreamed of Nelson Mandela, would you like – or do you need – to become more compassionate, patient, and tolerant? It may also be that you long to change your direction in life and your dreaming mind has summoned up a representative to encourage and inspire you to follow your dreams.

If you secretly yearn to be a singer/songwriter, a dream of sharing the stage with a top group and together sending the crowd wild may encourage you to pursue your vision. Finally, bear in mind that whenever a celebrity appears in your dream, they are typically someone you have admired for a long time; such a dream may also suggest that you want some of the recognition that routinely comes their way. Maybe your role in waking life is hidden from view? Being singled out by a celebrity in your dream – no doubt to the envy of your dream friends who suddenly see you with new admiring eyes – suggests that you somehow feel undervalued in your waking life or taken for granted by those around you.

To fully understand the message of a dream in which a celebrity features you need to hone in on the quality they represent and decide whether it pertains to someone you know, or to some aspect of yourself. First you need to consider the outstanding trait for which that celebrity is famous, then you need to think about what makes that person stand out for you. For example, if you dream of Madonna, why didn't your dreaming mind select another female singer, such as Shirley Bassey? What is it about Madonna that inspires you? Is it her drive, her ambition, her feistiness, or her ability to reinvent herself? Try to spell out in your mind the qualities this person stands for and what trait is being shown. Then consider the implications. Celebrity dreams may seem sweet or even corny, but they do have a powerful energy. If you think the celebrity represents a quality in yourself you'd like to foster, don't assume you have to copy them and follow their life path. Remember dreams only depict the essence of something; the way you choose to put that energy to work, and how it appears in your life, is entirely up to you.

See also **FAMOUS PEOPLE**.

CELL PHONE A cell phone has similar associations with a telephone, but with the added association of urgency or emergency or fear of being left out or not included in your close circle of friends. If you cannot or will not answer your phone in your dream, this suggests that people are finding it hard to get through to you; you may also be feeling alone and vulnerable in waking life. If an emergency call figures in your dream, this suggests that you or someone you know is reaching out for help. It could also indicate some kind of moral dilemma.
See **TELEPHONE**.

CELLAR
See **BASEMENT**.

CEMETERY
See **DEATH**.

CENTIPEDE
See **INSECTS AND ARACHNIDS**.

CHAIN
See **CONFINEMENT**.

CHAIR This image suggests rest and receptivity as well as escapism. If you are in a group, watch where your chair is placed, as it could indicate your status within the group. If you are pushing an invalid in a wheelchair, is this a weak or sick aspect of yourself? Chairs are also associated with female sexuality. A broken chair or one that collapses under the dreamer may suggest the end of a sexual relationship. A dream of a cushion may be suggesting ways of protecting yourself; the color of the cushion will help you decide from what it is you need protection. A sofa or couch is where you sit and relax with others, and let your guard down. When it is called a couch, it may refer to the way we sometimes ‘couch’ information, presenting it in a more acceptable way. Is there a need to do this in waking life?

CHALK As chalk can be rubbed out it is a warning against having rigid opinions that to not allow the possibility of change. According to Freud, a piece of chalk suggests masturbation, while breaking a piece of chalk suggests a fear of castration.

CHAMPAGNE A symbol of celebration but if the champagne isn't flowing freely this symbol suggests a need for more fun and laughter in your waking life.

CHANGE Dreams about change are common because the experience of change is an inescapable fact of life and whether the change is minor, such as a new hairstyle, or major, such as getting married, all change involves both loss and gain.
See also **CONFLICT**.

CHASE The way we respond to anxiety and pressure in real life is typically manifested as a chase dream. Often in these dream scenarios, you are being pursued by some attacker who wants to hurt or possibly kill you. You may be running away, hiding, or trying to outwit your pursuer. Chase dreams may represent your way of coping with fears, stress, or various situations in your waking life. Instead of confronting the situation, you are running away and avoiding it. Ask yourself, who is the one chasing you, and you may gain some understanding and insight on the source of your fears. The dream could also indicate that you are refusing to acknowledge a certain viewpoint or idea. On the other hand, the pursuer or attacker who is chasing you in your dream may represent a part of yourself. Your own feelings of anger, jealousy, fear, and possibly love can assume the appearance of a threatening figure. You may be projecting these feelings onto the unknown chaser and your dream is calling your attention to your own self-destructive actions. A more direct analysis of chase dreams is that they reflect the simple fear of being attacked. Media hype and overexposure play on this fear and

magnify our level of risk.

To dream that you are chasing someone or something suggests that you are being denied your power and influence in some way. You may need to re-evaluate your strengths and concentrate your efforts on something more worthwhile. It is important to identify what exactly you are chasing, but bear in mind that it may not be a person, or an animal, but an idea.

CHASM Chasms or bottomless pits typically indicate a lack of spirituality and a desire for illumination. Sometimes, the only way to find joy is to sink to the bottom and experience the pit of despair first.

CHAT ROOM

See **INTERNET**.

CHEATING

See **INFIDELITY, SECRET**.

CHECK Signing a check, signing a contract, or making a payment are generally regarded as positive signs in your dreams, indicating that certain of your plans are going to schedule. Writing a check is a deliberate action; what is important here is not so much the check, but your attitude toward it. If you wrote a check in your dream for an amount you knew you could not afford, you may be feeling guilty about someone or something in waking life. This may relate to money but it may also relate to your recent actions toward someone.

A dream demand for payment represents the personal investment you need to make in order to move forward with your life. Making a payment or paying a bill emphasizes the effort needed to achieve your goals but also reminds you that you only get out of life what you put into it. If you find your pockets empty or your credit card rejected when you are trying to pay the bill, this highlights feelings of inadequacy; it may also be a warning not to squander your resources. Paying with cash instead of a credit card or check may suggest impatience to progress and receiving payment reflects your sense of being rewarded in some way. As a house is often regarded by dream analysts as a symbol of the self, paying rent or your mortgage in your dreams suggests a need to preserve your independence or integrity. Alternatively, if

the dream stresses that you are a tenant and not a house-owner, this may suggest your unease with yourself or uncertainty concerning a current situation.

CHEESE

See FOOD.

CHEMIST

See WORK.

CHESS In Jungian terminology, the game of chess represents the dreamer's conscious (white pieces) and unconscious (black pieces). Chess originally signified the war between good and evil, so in dreams it can express the conflict within or the need for some kind of strategy in your waking life. The game is a symbol of the battle between light and dark; this may represent a moral dilemma you are facing in waking life. The game is also rich in the symbolism of sexual rivalry and so dreams that feature chess lend themselves well to a Freudian interpretation: chess is won by killing the father figure, the piece most capable of killing him being the mother queen.

Consider the symbolism of the color of the pieces you choose and whether they were black or white. You may also want to consider the symbolism of the pieces you handle or move in your dream. For example, the king may represent someone who needs defending in waking life. If you are using pawns, do you feel as if you are being manipulated in waking life? Consider also the implication of making a good or bad move in your dream and your life; if someone checkmates you, who or what is trying to restrict your movements in waking life? If, however, you are the person who checkmates, this suggests that you have your eye on your goals in waking life and have the strategy you need to succeed in achieving them. To dream of winning a chess match points to a highly analytical mind. Losing at chess indicates that you may have overstretched your abilities and need to lower your expectations.

CHEW

See FOOD.

CHEWING GUM In this dream you may find yourself endlessly chewing gum and unable to spit it out. When you try to get rid of the gum, it simply gets bigger in your mouth, and if you try to spit it out you may find that you spit out parts of your mouth. This dream indicates frustration and overload. Objects you put in your mouth represent things you are trying to assimilate and indigestible items suggest experiences that are both hard to stomach in waking life and contain little nourishment. The gum represents an activity that takes up a lot of your time and energy but provides little satisfaction. The desire to spit it out suggests your desire to be rid of it but you are unable to do so because of commitments or obligations in waking life. If you have this dream, you may have bitten off more than you can chew and the dream's message is that you should find ways to ease your burden, such as asking for help, delegating tasks or saying no more.

CHICKEN

See **BIRDS, FOOD**.

CHILD Jung claimed that the symbol of the child, as with the symbol of birth, represents new beginnings and possibilities, and paves the way for future changes in your personality. A common theme in mythology is the 'divine child' or mystical hero or savior; for instance, the baby Jesus who saves the world from damnation. The divine child is the symbol of the true self, both vulnerable and pure, but also capable of great transforming power. In your dream, it may represent your true self urging you to explore new possibilities and reach your full potential. Therefore dreaming of a child who could be yourself, one of your own children, a child you know or an unknown child, gives access to your own inner child. We all have parts of ourselves which are childlike, curious, and vulnerable, and when we are able to get in touch with these parts we are reminded of our true potential for wholeness.

Although dreams of birth and childhood may appear to be simply nostalgic memories, most dream researchers believe that they have a strong bearing on your current circumstances in waking life. For example, your dream may be telling you that you have forgotten how to play or that you should take a fresher, more innocent approach to life. They may also be manifestations of an unconscious desire to escape from the responsibilities

and problems of waking life. In addition, they may represent a part of you that needs reassurance and comfort, or a part of you that needs to care, to love, and to begin anew. As such they can represent important psychological, spiritual, and physical needs.

Abandoned by Parent/Carer

You may have a dream in which you are a child again and are being left at school, in a shop, in the street or park by your mother and running after her, perhaps not being able to reach her or not being heard. To be abandoned by a parent or carer in a dream – or to be separated from them so you feel lost and vulnerable – may represent a sense of not being wanted when you were young. This may not actually have been the case, but you may feel that way. Alternatively, such a dream might also suggest that you are searching in waking life for the emotional freedom to be yourself and to be independent. On another level it may be pointing to your need to find guidance or help from others; many people have dreams of childhood abandonment after the death of a loved one. If you are trying to attract your parents' attention but they cannot hear you, such a dream may be saying that you feel neglected emotionally and you need to express your feelings and be understood by others.

A dream about a child (under the age of 13 or so) may be a dream about yourself. If you are having a wonderful time playing and dressing up, the dream may be encouraging you to have more fun in your adult life. A dream about a child refusing to share or being inconsiderate may be a comment on your own weaknesses. Has your recent behavior or approach to life been a little childish? If you are the child in the dream, this can suggest a need to shed some of your current responsibilities in real life or express your real self.

If you are caring for a child or infant, and not really wanting to, perhaps someone in waking life is being demanding and requiring too much attention. If you want to have a child and dream of one, you may become a parent in the not-so-distant future. If you lose a child, whether your own or an unknown child, you may be anxious that you have taken on responsibilities you cannot handle. If the child is one of your children, look up son and daughter. If your dream did not evoke specific memories of your own childhood or an unknown child appeared, your unconscious may have summoned up an archetype in the starring role – that of the inner child.

Whether your inner child was portrayed by you or by another character in the dream, they represent the part of you that, Peter Pan-like, has never grown up, or a part of you that you have banished from your waking life, but longs to be rediscovered. Your unconscious may therefore be highlighting your own immature behavior, or else your longing to recapture childhood innocence. Once again, the clue lies in the child's behavior.

If the child in the dream is bullying another child, this could be related to how you are cruelly treating someone in real life. If, however, you are the victim in the dream, do you feel vulnerable, abused, and powerless in waking life? If the child in the dream is happily playing with their toys, do you long to return to the optimistic, childhood state of mind before the realities of life closed in avenues of opportunity? Do you long to return to a time when anything seemed possible? Try to remember the child's behavior – were they friendly or unfriendly, smiling or throwing a tantrum – and consider whether the dream is commenting on your own current life and behavior. Do you have a tendency to fly into a childish rage when you don't get your way in waking life?

Children

Children in a dream are symbols of joy and warmth, or of your desire for joy and warmth in waking life. If children are giving flowers, fruits, or sweets, this suggests unexpected success or happiness. If, however, the children are quarrelling, this indicates domestic problems. Children in dreams can also represent feelings about your childhood, or current feelings of dependency or vulnerability. What is happening to the child in the dream will help you determine the interpretation.

If the children in your dream are boys, they symbolize high energy levels and new beginnings. If the boys are playing, this suggests the resolution of domestic or financial problems. If, however, the boys are quarrelling, this dream may be a warning to listen to the advice of people around you, especially if they are older than you. Perhaps you have been acting rashly. If one or more of the boys are injured, it is a serious warning to take a sober look at how you run your day-to-day life.

If the children in your dreams are girls you know and they are smiling, friendly, or affectionate, this suggests that your general attitude of honesty will be much appreciated by those around you. If you don't know the girls, this can suggest the beginnings of a new relationship. If the girls are

disruptive, crying, angry, or abusive, this could be a warning to show more understanding to your partner and those around you to avoid arguments and unnecessary misunderstandings.

The following dreams are typical of childhood and mirror the stresses, experiences, and questions associated with this stage in life. It is possible, however, to have one of these dreams at any stage in your life.

Becoming a Superhero

In this dream, a child may find themselves faced with an evil force or power and, as in the breathing underwater dream, just when the situation becomes desperate or hopeless, they find that they transform into a superhero with extraordinary powers. As a superhero, they destroy their enemies and resolve the conflict. Not surprisingly, this dream is more common with boys than girls, perhaps because from an early age boys are influenced by superhero role models, such as Spiderman or Power Rangers. The dream may also continue into adulthood.

The child who has this kind of dream tends to be coping with some kind of problem or obstacle – for example financial hardship, or family tensions and conflicts – and the dream may reflect these tensions. The child may feel that they are trapped by the situation and are helpless to do anything about it; the dream refers to their desire to make problems disappear magically. But this kind of dream may point to more than a wish for magical powers, as it also shows the dreamer that within them these magical and unique powers are just waiting to be discovered.

Breathing Under Water

In this nightmare with a happy ending, a child may dream that they are drowning and unable to reach the surface to breathe. Then, incredibly, just as they realize they are going to drown, they continue breathing and can breathe underwater in their dream. Like the dreams of flying, this dream is also about discovering abilities during times of crisis or when thrown into a particular situation. The water theme suggests a sense of being overwhelmed and vulnerable to the situations that surround us. It shows that a sense of panic is not only natural but necessary to discover the ability to breathe (survive) in a new environment (underwater).

This kind of dream tends to be outgrown by the time one reaches the age to leave home, but it can and does re-emerge if you are thrown into difficult,

new or challenging situations in adult life. It should be seen as a reminder of your ability to survive tough circumstances, even when you feel out of your depth. The dream can also arise among adults who find themselves not only in a difficult new situation, but in a situation that does not allow them to express their own concerns.

Flying

Dreams about flying are common to late childhood and early adolescence. The dreams vary: some dream of jumping or falling from a great height, others run and jump into flight, whereas others jump from a great height and discover that they can fly. Dream researchers believe that dreams about flight can reflect the drive within each of us to be free to express, explore and experience life, so it makes sense that we dream most often about flying during a stage in life when we are becoming aware of abilities that will take us places later in life.

Monsters

Monster dreams in childhood reflect dramatically frightening things that have disturbed a child, in particular how frightening it can be for a child when the people they love and trust behave in an angry or scary way. This may be, for example, when a loving mother loses her temper or a caring dad disciplines his child. According to some psychologists, children dream of monsters because they are unwilling to believe anything bad about the people they are dependent on. If you are a parent and feel that you are reflected in monster dreams, try to encourage your child to share these dreams with you. Bear in mind that, in some instances, the monster may reflect someone else in your child's life: a sibling, an uncle or aunt, or even a neighbor. This is particularly so among school-age children who have to meet the expectation of peers and teachers.

Perfect Monsters

This dream is common to the middle childhood and preteen years. In the dream there is a repetitive task that needs to be performed usually at the command of monsters. The task is usually something gruesome or sinister, like digging graves or sorting body parts. The dreamer is horrified by the task but numbed by the repletion and tedium, and in the dream more likely to be upset about the workload than the actual nature of the task. This dream often

reflects the stress of young children who feel they must achieve and meet standards imposed upon them. The unconscious is reminding them that the casualties of a task-oriented approach to life may be other desires, interests, and feelings. Although many dreams during this stage of life reflect the joy of achievement and the desire for recognition, this dream represents the tension associated with high achievement.

Sinister Toys

Another very common childhood dream is of a toy or other harmless object, such as a book or pencil, that suddenly becomes menacing. Again such dreams can reflect tensions about situations the child finds threatening or disturbing. If your child has such dreams, you may want to consider if a normal aspect of your life, for example a camping trip or relatives visiting, is making a child feel uncertain.

See also **Toys**.

Something in the Bedroom

One of the most common dreams of early childhood is that there is something scary in the bedroom: a monster in the wardrobe or aliens in the corner of the room. A child may feel as if something or someone is coming to get them. These kinds of dreams tend to reoccur and it is easy to assume that something is upsetting the child in waking life; it is worth noting, however, that these dreams are among the most common in childhood, as a child reaches out to discover the world with all its excitement – and sometimes dangerous possibilities. If there is tension in the home or a lot of uncertainty and inconsistency, this can trigger stressful dreams for a child. Scary monsters tend to represent people, whereas bugs or slimy things may represent situations. You may have to be patient and gentle, and create a feeling of stability as your child learns to adjust to changes in the world around them.

Wild Animal Attack

When children begin school they often dream of wild animals attacking, such as lions, bulls, alligators, and bears. Wild animals tend to reflect a person or situation that is upsetting the child. For example, a child may be worried about parents who are constantly fighting, and this fear can be symbolized as a bear fight. Or a child may be frightened by a strict head teacher, who subsequently appears in their dreams as a mean lion.

Childhood Revisited Scenarios

It is during childhood that we learn many of the fundamental rules and responsibilities of life. It is also the time when we develop our personalities and become increasingly socialized. It makes sense, therefore, that dreams of revisiting a place or a scenario from your own childhood often focus on lessons that you learned, or failed to learn, and these lessons may be relevant to your current situation. If you dreamed of a particularly happy childhood memory – for example, you are seven years old and your dad brings home your first bike, or you are five years old sitting happily on your mum's lap sucking your thumb – the dream could either be pointing to your nostalgia for a time when life was full of fun, or it could be more concerned with your present feelings of insecurity. The dream is reminding you of a time when life was simple, and in so doing it compensates you for your current feelings of confusion. If you are facing a difficult decision, it could also have been highlighting your need to put yourself forward and take a risk by focusing on your new bike – something you wanted but also feared, as you weren't wholly confident riding it yet.

Consider, too, whether your unconscious has cast archetypal figures in the role of your mother and father. Relation-figures in dreams of childhood can often represent archetypes rather than actual family members. Alternatively, if your unhappy childhood returns to haunt you in dreams (which may reoccur), your unconscious may be forcing you to relive those miserable times in an attempt to make you confront the source of your distress and deal with it, now that you have an adult understanding of the situation. Your unconscious is trying to help you come to terms with what happened to you, so you can put it behind you.

Activities and Environments Associated with Childhood

Dreams about activities and environments associated with childhood can be either motivating or discouraging, depending on the details of your dream and how you felt. For example, if you had a happy time playing with your dolls or a toy train set, your dream may simply be reminding you of the simple pleasure of letting your guard down from time to time to do nothing useful but play and relax. These kinds of dreams are particularly common if you have been extremely busy recently and haven't had time to have fun. If, however, you were bored by the toy or activity in your dream, your unconscious may be urging you to put away childish things that don't really

give you stimulation and satisfaction, and to spend your time more productively.

Toys in dreams not only reflect your desire for more play, or urge you to grow up in some way, they can also suggest nostalgia for childhood that has been lost. Dolls are especially important because they so resemble the human form, and because children endow them with emotions and characters. Your dreaming mind may therefore use a doll to symbolize something or someone in your life. For example, if you stick needles or pins in the doll, or mistreat it in any way, this can represent negative feelings toward a particular person. Many doll dreams use the doll as a target for violence and, if this is the case, it could also refer to how the dreamer felt as a child when smacked emotionally or physically – like a helpless child. Dolls can also represent emotions that the dreamer would like to discharge on someone else, or the feeling of wanting to be a precious doll to someone. It may also express some undeveloped part of the dreamer's personality and the need to relearn some childhood lessons we may have forgotten.

If you dreamed that you were in a playground surrounded by other children, were you enjoying yourself or did you feel left out? If you felt exhilarated, your unconscious may once again be signaling your need to have more fun in waking life, but if you felt aloof or alone from the other children, it could suggest that you prefer to play no part in the immature behavior currently displayed by a group of people in your waking life.

CHILDREN The most likely explanation for dreams about your own children is that you are worried about them in some way or that you need to see certain issues from their point of view. If you dreamed that you were a parent but you have no children in waking life, this could be wish-fulfillment or your dream child may have represented a new idea, project, or commitment. Alternatively, a dream son or daughter may represent one of the many archetypes that are facets of the masculine and feminine principles. Dreams parents may have in which the relationship with a daughter is highlighted tend to represent the health of the relationship between the mother and the father, as the child is the result of that relationship. For example, a sick daughter in a dream could suggest that the relationship is unhealthy. See also **CHILD**.

CHIMNEY
See ROOF.

CHOCOLATE
See FOOD.

CHOKE Dreams in which you are fighting to breathe are usually to do with a sense that the external environment, or your inner attitudes or fears, are threatening to kill your pleasure in living. Dreams in which you feel you are being choked or strangled may suggest that that there is something in waking life that is choking, strangling, or squeezing the life out of you – a job, a relationship or a situation. You feel stifled by people or circumstances and are not in control of either. Choking in dreams also suggests an inability to express yourself properly in waking life. There may be some kind of conflict or indecision about whether or not you should speak out or hold your tongue.

If you struggled to breathe in a smoggy or smoke-filled atmosphere of a polluted dream environment, this could suggest that you are finding your real-life circumstances claustrophobic and stifling to your individuality and personal growth. Or do you feel that the demands of your job or lifestyle are killing your curiosity and creativity? If you were strangled by someone, this suggests you may be holding back feelings as most of our feelings create sounds, such as laughter or crying; an attack on the neck is thus an attempt to stifle these emotions. Whatever you decide caused you to fight for air in your dream, be it a positive or a negative influence, your unconscious was probably warning you to broaden your horizons and let some metaphorical 'fresh air' into your life.

CHRYSANTHEMUM
See FLOWERS.

CHURCH A church or religious building in your dreams represents your feelings about religion; if you are not religious, it marks all that is sacred to you in your life. To see the outside of a church in your dream suggests a need for spiritual nourishment. To see the inside of a church indicates that current

setbacks may turn out to be a blessing in disguise.

CIGAR/CIGARETTE In dreams a cigar or cigarette can symbolize a penis; or masculine personality traits. Freud once admitted that his passion for cigar smoking was a substitute for masturbation, although he did once joke that a cigar is sometimes just a cigar.

CINEMA Cinema visits in dreams suggest that you are watching rather than participating in a situation or relationship in your waking life. Notice what you are watching on the screen, as this will give you a clue to the area of your life where you are being too passive and letting life run by you or living through others. If, however, you find yourself in the movie, then this is a sign that you are waking up to your potential. This is especially the case if you find yourself playing the part of a superhero. If the movie screen is blank or there are endless adverts and you don't get to the main show, this suggests you are trying to avoid dealing with an issue or situation.

If scenes from your favorite film or iconic movies regularly appear in your dreams, it's possible that you have watched them a little too often. But whether this is the case or not be aware that your dreaming mind has chosen a specific movie for a reason. Pay attention to the themes of that movie and what you can learn from them about yourself and your life. Be conscious of the fact that watching movies is not the same as experiencing something directly and it may be time for you to be less distant and more engaged in your waking life. In addition, movies are not real, and this dream image may also suggest that you are not facing up to reality or are trying to manipulate it in some way, or that you need to find the truth of the matter behind an illusion.

See also **FILM**, **TELEVISION**.

CIRCLE According to Jungian theory, the circle is the perfect expression of infinity, continuity, and connection; the circle represents the ideal self, within which the psyche's various opposing elements have achieved perfect balance. It has no beginning and no end, with no turns or corners in between. This perfect geometric shape symbolizes the center and perfection of the self in all its wholeness. It is a concept inherent in the Eastern yin-yang symbol, in which the white active masculine yang principle is united in symmetrical

equality with the black yin force of passiveness and femininity.

If you find yourself in the middle of a circle in your dream, it can represent your self or your spirit. Alternatively, the middle may also indicate conflict between opposites or the feeling of being involved, protected, or in the middle of something. For Freud, the circle represented the vagina; for Jung, it was an archetypal symbol of the whole psyche, as opposed to the body, which was symbolized by the square. When someone has made the transition through all aspects of life and has returned to their beginning, we say that they have come ‘full circle’. Family groups are referred to as the ‘family circle’, while social groups are sometimes called a ‘circle of friends’ or a ‘community circle’. When the apparent solution to a problem in a series of events creates a new problem and increases the difficulty of solving the original problem, it may be called a ‘vicious circle’ or ‘vicious cycle’.

To determine the meaning of your dream circle, round, sphere, or ball, look at the symbols and events connected with it, as there is a wealth of often conflicting possible interpretations to consider. For example, if you are traveling round in a circle, you may be progressing toward wholeness or running around uselessly chasing your tail! If the circle is smooth, it suggests harmony and centeredness; but if it is irregular, it may suggest the dull round of routine. Jewelry is given in many cultures to express emotion, and rings, bracelets, and necklaces are usually circular. In many societies, marriage and lifelong commitment are symbolized by exchanging rings. Did someone you desire give you a ring in your dream? Perhaps there’s a chance for the relationship, or maybe it is just wishful thinking. If you dream of a broken necklace or bracelet, you may fear that a relationship will break and come to an abrupt end; you may, however, feel that it is time for a connection to come to a conclusion.

Circles also contain and restrict. For instance, a new pupil is outside the group until she settles in and is accepted at her new school; dog collars allow an animal to be restrained. In some pagan traditions, a circle of intent is cast to contain positive energy and protect against negative energy. Was your dream circle keeping something out or keeping you in? You may feel a need for protection, or you may feel trapped by a relationship or situation. Knots begin with circles and usually contain several. Perhaps something is knotted up? As well as suggesting the potential for unity, wholeness, and perfection, circles also represent eternity or the cycle of life because they have no beginning or end, as well as security and protection because they enclose.

The fact that the sun is circular means that if it appears in your dream, it may be signaling masculine, active energy or even the life force itself. Don't forget, though, that circles also possess feminine connotations due to their resemblance to eggs.

With so many possible interpretations, it can often be difficult to decide what a dream circle may have been suggesting but considering the context of your dream, along with your waking circumstances, should help you with the interpretation. Bear in mind that it is always worth considering whether the appearance of circles was telling you to work on harmonizing conflicting elements of your inner self in order to achieve contentment and serenity. For example, if you dreamed of dropping a round plate and it smashed, your dream may have been portraying your rebellious nature and your need to exercise greater self control.

In dreams, round balls tend to represent the interaction between two people, as in 'throwing the ball' or 'the ball is in your court'. They may also be a symbol of your need to get someone's attention. As the center of a circle is the point from which everything starts, if you dreamed of a target enclosed in a circle, was your unconscious telling you to aim for psychic wholeness? A circle with a dot in the center can signify balance and centeredness. It can also represent woman. A sphere shares much of the symbolism of a circle, and indicates perfection and completion of all possibilities; it can, however, also evoke a spherical object such as a breast or testicle, and therefore have a sexual association.

CIRCUS Circus dreams represent the instinctive, passionate, creative sides of our nature. How well are these instincts performing? Have they been brought under control? If you're enjoying the performance, this suggests that you are expressing your creativity. If you dislike or are bored by the performance, your dream mirrors a sense of frustration in your daily life. If you are performing in the circus it might be a sign that you need a more fulfilling job where you can show off your talents. If an animal escapes or you feel unhappy about the animals being involved in the performance, this could indicate a change of direction in your life or a love interest outside marriage. The circus audience in your dream is also significant because it suggests how your efforts are being received in waking life. Finally, don't forget that circus dreams may simply be an observation that your waking life resembles a chaotic circus and has become thoroughly disorganized.

If your unconscious portrayed you as a juggler in your dream, was it referring to the many commitments you have to juggle or manage in your waking life? Did you drop any of your dream balls or did you keep them in the air? If you were walking a tightrope or performing acrobatics in dreams, this may suggest that you feel you are treading a fine line to maintain balance in a tricky situation in waking life. If you were dressed as a clown, sporting a huge smile painted on your face, do you feel under pressure to present a cheerful front to others during your waking hours, when you actually feel the opposite? If someone you know was transformed into a clown, they may be the ones feeling under pressure to 'perform' in waking life. Also consider if your dream clown was a manifestation of the archetypal trickster/clown whose jokes have a serious meaning.

CITY To see a city in your dream, whether you recognize it or not, signifies all the aspects of your social environment. The dream can also refer to your spiritual community, since a city was originally given its status because it had a cathedral. Dreaming of a city or town that is known to you refers to your sense of community or belonging to a group. In dreams, we often give clues as to what we require emotionally from our environment and streets that are totally empty or crowded with expressionless hurried people may emphasize a need for more intimacy. Dreams in which you are lost in a crowd can suggest the desire to blend in so attention is taken away from you. It can also indicate that you do not have a sense of your own identity at present or that you long to join a group of like-minded people.

If you have a dream set in an urban landscape, this is your dreaming mind's way of exploring your social feelings and beliefs. It can also be an expression of your work and career aspirations. Alternatively, such dreams can also represent you as a person; as Jung pointed out, cities can be a symbol of the self. In particular, he noticed that in dreams the structure of a city is often symmetrical in the shape of a mandala. Jung interpreted

mandalas as an expression of the fullness of the self and wholeness. According to Jung, every town and city that is mapped to a mandala format is an expression of the human desire for wholeness; in dreams, the pattern can remind dreamers that the path to happiness is not to be found in the city but within yourself.

To dream that you are in a deserted city or that you feel alienated from the activity of the city suggests that you feel rejected by those around you. To see a city in ruins denotes that you are neglecting your social relationships and allowing them to deteriorate. This dream image can also stand for the destruction or ideals and goals. If the ruins are ancient, you may be yearning for an idealized past. A walled city may signify resistance to change and the refusal to accept or listen to new ideas. Alternatively, it may indicate a desire for seclusion so you can recharge your emotional or spiritual batteries.

CLAM Should a clam or clams appear in your dream are you closing up, withdrawing, withholding, avoiding, being reticent, or clamming up in some way in waking life? Perhaps you are keeping a secret. Alternatively, it could be that something in your life feels sticky or uncomfortably close, as in clammy. On the other hand it may also imply happiness, euphoria, and that you are as happy as a clam.

CLASSROOM So many dreams are set in the classroom or school that it may be one of the most frequent dream settings. The primary focus of such dreams is on your own level of competence and how it may be reflected in the eyes of others. The theme of fitting in is perhaps why so many anxiety dreams that reflect a sense of insecurity and failure are set in schools.
See also **LEARNING**, **SCHOOL**, **WORK**.

CLEANER
See **WORK**.

CLEANING Washing in dreams is a fairly common theme, and almost always relates to something that is troubling or worrying the dreamer in waking life. The harder the hands or body are scrubbed, the greater the need for the unconscious to be free of guilt or some kind of burden. The same applies to washing stains in clothes.

If you are taking a shower or bath in your dream, this could indicate a problem that overshadows you in waking life. If you are washing your hair, this is connected to your emotions, and if you are washing your genitals, there may be some kind of sexual adventure in waking life that you are ashamed of. You could also be worried about sexually transmitted diseases. If you are cleaning your home, this could suggest that you want to get more organized in your waking life, but before you can do that you need to dispose of dirt or dust; this may refer to ways of thinking or responding that are clouding your judgments in waking life. If you were watching a washing machine in your dream, this is a reference to your daily routine and the boredom you feel. If you are trapped in the washing machine, you feel stifled by your daily routine; it will therefore be important to make changes in daily life as soon as possible.

CLIFF The high vantage point of a cliff offers the opportunity for a wider bird's-eye view, even if it may be frightening to be so exposed. If you dream about being on a cliff, it may relate to an important decision or a difficult situation. You may need to take a risk by overcoming fears and stepping into the unknown.

CLIMATE CHANGE Dreams that feature dramatic weather changes and images typically associated with climate change, such as rising floods, violent storms, and melting glaciers, suggest the urgent need to take some kind of conclusive or decisive action in your waking life. What you decide now will utterly transform a situation or, depending on how dramatic the images are in your dream, your entire life. Making those changes won't be easy and may initially create confusion and trigger resistance from others. But you have reached a point in your life when progress can only be made when you leave your comfort zone and the familiar behind. The time has come to be original and to stop focusing your energies on the expectations of others but on what you know is best for you.

Dreams about rising floods depict emotions that are threatening to overwhelm you if your current way of thinking or your approach to someone or something in your waking life does not change dramatically. It is a sign that everything is coming to the surface and you can't carry on as before. Images of melting glaciers indicate the need to let old patterns of thinking go

and to be less distant (warmer) in your approach to a situation or a person. Violent storms are another dramatic sign that you urgently need to deal with your emotions and alter your approach or the way you work with other people.

Climate change dreams generally signify the need for transformation. However, if your dream features more domestic images associated with climate change, such as recycling or using an electric car, the emphasis shifts and suggests that taking small steady steps toward your goals is making a difference, even if it doesn't feel like it at times. You are on the right track and just need to keep going.

If your dream features images of pollution, for example oil in the sea or smog, it's possible that something in your life used to feel comfortable and healthy but now is causing you tension and feels somehow unhealthy. You need either to address what is causing the tension and clear the air or find somewhere new to breathe.

The interpretation of dreams that feature climate change demonstrations or green environmentalists – or, indeed, any kind of march or demonstration – will depend on your attitude toward activism. In this case, if you find environmentalists annoying this suggests lack of progress and feeling blocked in some way. But if you admire activism you are ready to start a new initiative or take decisive action.

Whenever your dream features images related to global warming, you need to be aware that this highlights the importance of understanding the power and potential of your current words and actions. You may not realize it but what you say and do today will impact your future and the future of those around you. Perhaps placing the emphasis on doing what you are good at serves the higher or greater good and is the way forward?

Climate change dreams often go hand-in-hand with apocalypse dreams because both dream images suggest that the very existence of our planet, our life on earth, is in danger. Such intense dream images can feel frightening and alarming, but they don't actually indicate that this is the end of things – quite the opposite. They are powerful wake-up calls. They are reminders that you don't have to accept what you feel is inevitable. You have far more power over your thoughts, feelings, and the direction your life can head in than you realize.

See also **WEATHER**.

CLIMBING Freud considered dreams of climbing to represent a longing for sexual fulfillment. Other dream researchers believe climbing dreams suggest moving steadily toward your goals. What you climb signifies the scale of the task you have set yourself, while reaching the top signifies the height of your aspirations. Did you reach the top, or have you lost sight of your target?

Climbing a Hill

This indicates a harder, and perhaps longer, challenge than you anticipated. Did you experience an uphill struggle in your dreams? If you did, how did you tackle it? Did you see the top of the hill, or did you keep your head down, suggesting that you may have lost sight of your goals. Were you climbing the hill with anyone? Did they help or hinder you?

Climbing a Ladder

This could signify a corporate or social ladder, with each rung indicating promotion or another step toward social elevation. Alternatively, the ladder could be interpreted as a phallic symbol representing the so-called masculine qualities of power, drive, and ambition that you need to adopt if you want to get to the top. The dream oracles say that to climb a ladder to the last rung means you will succeed in business.

Climbing a Mountain

This represents the ultimate challenge of endurance, skill, strength, and stamina. Were you equal to the task? Did you tackle it bravely, or with feelings of dread and anxiety?

Climbing Stairs

You have great ambition, but are you climbing with confidence or with fear? Your unconscious may be reminding you not to become egotistical and climb too high, as other people despise arrogance and may try to knock you down. A meteoric rise to fame is not as easily sustained as a gradual and well-planned move to prominence. Be cautious, and take one step at a time.

Climbing Over Walls

If you dream that in front of you there is a wall you need to climb over to get to where you want to be, this suggests obstacles you may encounter in life

that you need to overcome before you attain success.

On Top of the World
If you got to the top, did you feel on top of the world? If you did, your dream mind is motivating you to re-enact that same feeling of success, achievement, and liberation in your waking life. What did you see below you? Did you see people and places that you have distanced yourself from in waking life? If you didn't get to the top, did you retrace your steps? If you did reach the summit, your dream mind may be urging you to reconsider your goals.

Struggling Uphill
In this kind of dream you are climbing or driving up a steep incline. Progress is slow, and it seems to take more than you or your engine can handle. You may even wonder why you took this particular route. From a psychological point of view, the uphill struggle represents a challenge you are dealing with right now that feels like it is too much. You hadn't expected it to be so tough. The overworked junior doctor, the programmer who must create complicated software within a week, the busy mum of newborn twins – all may have this dream. The steepness of the incline is an indication of how difficult the challenge feels to you. The only way to reach the top is to pace yourself, so perhaps this dream is suggesting that you take better care of yourself and get plenty of rest. To put this advice into practice will improve your odds of success, and taking things one step at a time will make the process seem less overwhelming.

CLOCK
See **WATCH**.

CLOSET
See **CUPBOARD**.

CLOTHES Dreams about clothes are very common and they usually tell you something about your self-image. In waking life, clothes protect, conceal, and reveal, and so in dreams they depict the façade, or persona, you create for other people; by so doing, they tell you where you may be vulnerable or exposed in waking life. The colors and condition of your dream

clothes are especially important as they may symbolize how you are feeling about yourself, or how others perceive you. For example, if you were dressed in brightly colored designer clothes and were basking in the admiration of others, this may indicate good self-esteem, whereas if you were dressed in dark, shabby-looking garments in your dream, and you felt miserable and self-conscious, it may be that this is how you are feeling in the real world.

Dreams about clothes can often focus on whether you are wearing the right outfit for the right occasion. For example, you may turn up at a party dressed totally inappropriately, you may have problems getting dressed, or you may find yourself walking naked down a busy street. Such dreams are rarely about sex and more about feelings of vulnerability, although they are sometimes about freedom from inhibitions.

See also **COLORS**.

Dressing in Other People's Clothes

Clothes are the protective layer that keeps you warm, but they are also a way to express your personality or hide imperfections. In dreams, what you wear is often a symbol of your self-image or inner self, and if you dress in clothes that obviously belong to other people, this is a clear sign that you have problems accepting yourself as you truly are. It can, on the other hand, suggest admiration for the person whose clothes you are wearing.

For Jungians, wearing clothes of the opposite sex may signal the dreamer's need to express the anima (female aspects of the male nature) or the animus (male aspects of the female nature). For Freudians, a child dressing up in adult clothes, particularly if the clothes are those of the opposite sex, may suggest childhood rivalry with one parent for the affections of the opposite sex parent. If you are simply changing outfit in your dream, this may suggest altering your mode of behavior, role or mood. If you astonish yourself by shopping for, buying and wearing unusual clothes in your dream that you would never normally wear in waking life, then your unconscious may have been suggesting that you have become too set in your ways and outlook, and that it is time to open your mind up to new opinions. Is it time for you to break out of your rut and for other people to sit up and notice you?

On the other hand if you dress casually in waking life and dream of wearing a business suit, your unconscious may be urging you to adopt a more business-like approach. If you were surprised by the color of the clothes in

your dream – either your own or those belonging to someone else – then see if that color has significance for you (see **COLORS**). If you find yourself dressed in expensive designer clothes you couldn't normally afford, this may also be simple wish-fulfillment, especially if you are fashion conscious.

Exposure

If you expose yourself in your dream, either deliberately or by accident, you need to ask yourself why this happened. In your waking life, are you too open, too naïve, too trusting, or not open or trusting enough? If you feel embarrassed in the dream, then the chances are you feel that you are already exposed or in danger of being exposed in some way in waking life. If, on the other hand, you are enjoying your freedom from social constraint, then your unconscious may be urging you to be more open or free from convention in waking life. Exposing yourself in a dream may also have something to do with truthfulness; perhaps you need to be more honest and direct in waking life.

Fashion

Dreams in which fashion appears as a general theme may relate to how you feel about yourself in waking life. Do you feel dowdy, out of date, and old-fashioned? If you see models on a catwalk and admire them, find out why you found them attractive; if you want to be a model, such a dream may be wish-fulfillment. If you are looking at a mannequin in the window of a department store, was your dream suggesting that you, or someone you know, lacks character? A dream in which you are looking in the mirror also expresses concern with your self-image. As we see ourselves in reverse in a mirror, the dream may be asking you to see yourself in a new way. If the mirror was cracked or dirty, the dream may be suggesting a certain amount of self-deception in waking life, but if the mirror is clear and bright and you notice blemishes you hadn't noticed before, the dream indicates self-honesty and the making of appropriate decisions in life.

Nakedness

One of the most common and often embarrassing dreams is to find yourself naked in a public place, wearing only your underwear or clothes that are see-through. Nakedness may represent a longing to return to childhood innocence, as the dream represents the real you, stripped of pretence and

social conditioning. Do you have a desire to be seen for who you are or to reveal your essential personality without having to create a façade? Another interpretation is that nakedness expresses a latent exhibitionism or simply a desire for sex. Freud once stated that his favorite dream was of being naked in a crowd of strangers.

From a Freudian perspective, a naked female is usually an expression of sexual desire for dreamers – men or women – who are sexually attracted to women. Freudians see the naked male in much the same light as the naked female, as an expression of sexual desire for men. In Jungian terms, nakedness suggests aspirations for love and rebirth, or a desire to attain spiritual awareness and to renounce the material world. According to this interpretation, nakedness is also an expression of beauty, creativity and divinity. Ancient gods such as Venus, goddess of beauty, and Diana, the goddess of the hunt, are often depicted naked.

A naked child is particularly associated with the Jungian archetype of the divine child, and more generally with innocence and lack of inhibition. If you are covering up a child's nakedness in the dream, this indicates a general discomfort with emotional expression. Many psychologists favor the interpretation that dreams of nakedness highlight feelings of vulnerability. Such dreams may be interpreted as a fear of sexual relationships, but they are more likely to signify fears and anxieties about yourself, and the way you appear to others. Perhaps you feel failure or rejection if you reveal your true self. In your waking life, you therefore need to overcome feelings of vulnerability and learn to be more self-confident.

Being partly dressed in a dream may suggest that you are not prepared for what lies ahead. It might be wise to re-examine your plans and your future. If the people in the dream seem unaware that you are underdressed or naked, this suggests that you shouldn't worry about showing your real self to others. It may also signify that you are not worried about what others think of you, or that you long to show sides of your true personality to others. To dream of being ashamed or frightened may indicate a fear of showing your real feelings. If, on the other hand, you are disgusted by your own, or another person's, nakedness, or other people are disgusted with your own nakedness, this suggests anxiety about discovering the naked truth about yourself, another person or a situation.

If you positively welcome the nakedness of other people in your dream, it may express a frustration with what, in waking life, you perceive to be their

affected behavior – you wish they could be more natural. It may also suggest that you can see through people and see them for who they are. If you are sufficiently secure within your own self-image in waking life, you will not be afraid of being stripped in public in a dream. For example, dreaming of appearing naked in a strip show could suggest that you are anxious about being misunderstood, or that you welcome the opportunity to express and reveal yourself.

According to dream lore, if a girl dreams of being naked, this means that she will soon hear about a terrible scandal. Some gypsies, however, believe that nakedness dreams are a sign of good fortune, particularly if the dreamer was walking naked under the stars. Ancient dream dictionaries say that to dream of a naked woman was lucky, as it foretold unexpected honors. It was also thought to be unlucky to dream of too many clothes, since this meant you lacked the necessities of life, while to dream of new clothes suggested a domestic tiff.

Problems with Clothing

Clothing that is incongruous to the situation might be a comment on your view of your position in society. Have you found your proper place? Are you comfortable with it? Inadequate, wrinkled, or inappropriate clothing that makes you feel uncomfortable or embarrassed indicates that you feel uncomfortable or ill prepared to fit in with people's expectations. Are you deliberately not conforming to what is expected of you, or are you trying too hard to adopt a certain role?

Clothing that is too tight, too small, or dating back to childhood suggests that something about your current attitude or approach is holding you back. It may also suggest that you are aiming for more than you can achieve in the present circumstances. For Freudians, tight clothing may indicate a preoccupation with the breasts and buttocks, whose shapes they reveal. The dreamer wearing loose clothing may be attempting to conceal their true self, but it may also represent a yearning to be free of inhibitions.

If you are wearing formal clothes when everyone else is dressed casually, perhaps you have ideas above your station; alternatively, the dream may be a warning against snobbery. On the other hand, being sloppily dressed in a formal setting may be suggesting that your behavior is damaging your prospects. It is also common to dream about being unable to find a suitable outfit or searching frantically for appropriate clothes; such dreams reflect

anxiety about being adequately prepared to meet the obligations and demands placed upon you.

Dreamers dressed in shabby clothes, rags, or clothes that have rips and tears may be projecting an image of inferiority or low self-esteem, and the dream may be a warning to build their confidence. A dream of a jumper, cardigan, or other woolen garment unraveling may indicate a growing sense of disillusionment with some aspect of your waking life. The unraveling may be a sign that it is time to look to a new direction for inspiration.

If you are aware in your dream of a problem with your clothing, this is a positive sign as it suggests that you are already aware of tensions that are affecting you in waking life. If you are unaware that you are dressed inappropriately and only notice this on waking, your unconscious is pointing to the source of feelings you have not yet understood. Finally, if you dream that you are wearing clothes remarkably different from your normal wardrobe, the implication is that you are ill at ease with your self-image. The color, style, and texture of your clothes may be able to tell you which area of your life needs to be remolded.

Undressing and Dressing

Clothes can act as protection against being touched, so in dreams they can represent protection against the real self being approached. Clothes also conceal and reveal, so if you are undressing or dressing in your dream, what parts of your body are you covering up? In revealing certain parts of you, your dream may show in which sorts of ways you are vulnerable. If you are putting on your clothes in your dream, this suggests that you are making progress in waking life and moving forward positively. If you are undressing, this suggests that you wish to get to the truth of a situation. It may also indicate the shedding of old beliefs and inhibitions.

If you are unable to get undressed in your dream or feel overdressed, this may suggest difficulties in changing attitudes or self-image; it may also indicate an avoidance of intimacy. If you receive clothes as a gift, you may get helpful advice from another person; if you are buying clothes, this signifies your determination to make a fresh start in waking life. Ancient dream oracles considered dreams of undressing to indicate an impending mistake in business affairs unless advice was listened to.

Washing Clothes

Washing may represent some kind of inner cleaning in which you get rid of attitudes and habits that are holding you back. If you are washing clothes in your dream, this symbolizes an improvement in the way you present yourself to the world. If you are washing underwear, this may indicate the resolution of feelings of sexual insecurity. If you are washing someone else's clothes, this may indicate your desire to help that person feel better about themselves. According to ancient dream oracles, washing clothes and yourself was a sign of good fortune, but stained clothes and taking a bath fully clothed indicated misfortune.

What to Wear A to Z

Apron/Overalls

Aprons and overalls in a dream can suggest getting to work on family suggestions or secrecy. If you are wearing such garments, what part of you are you covering up in waking life? Or are you about to undertake an extremely difficult – and messy – task? If you are wearing an item of clothing as camouflage, what are you hiding?

Belt/Buckle

A belt is symbol of support and, as such, it indicates anxieties about keeping up a public face. A belt is also a bond that holds tightly and restricts freedom of movement, so if you loosen a belt in your dream are you ready to loosen up and free yourself from inhibitions? Or are you afraid you might be caught with your pants down? A carefully buttoned-up coat or an item displaying buckles also suggests restraint, whereas an open-necked shirt or casual clothing may refer to lack of inhibition. Be attentive to idioms such as 'belt up' and 'tighten one's belt'.

See also **FASTENINGS**.

Coat/Cloak/Jacket/Suit

If a coat features in your dream, this probably suggests the self you present in public; for example, you may be outspoken in public but your partner will know that, deep down, you are shy. An overcoat suggests protectiveness and not showing intimacy or vulnerability; what in waking life are you trying to ward off? Fear of losing your coat can suggest fear of letting your guard down. If the coat is too short or not warm enough, you may be craving more love and affection than you are getting in waking life. According to Freud,

the cloak is a symbol of female sexuality, but may also represent secrecy and concealment. If a jacket features in your dream, this suggests the degree of formality with which you present yourself to others. A raincoat may suggest tears or the release of emotion. If you are wearing a suit in your dream, this suggests the image you or other people have of you; the way you present yourself to others; and different kinds of suits – wetsuits, bathing suits – represent different attitudes and situations.

Dress/Skirt/Trousers

Many women wear trousers or jeans today, and so a dream that either men or women have featuring a dress or skirt may suggest a desire for both sexes to express their feminine side. It could also be a symbol of the mother and the security of her nurture. The colors and length of the skirt will say a lot about what is being done with sexuality in a social sense. A woman wearing trousers may – in line with the idiom 'wear the trousers' – express a fear of being dominated by a woman. In general, trousers in a dream suggest masculinity, while jeans suggest socialized sexuality. If you are wearing shorts, you may be outgrowing former pleasures and need to look to new experiences for your entertainment. On the other hand you may just be longing for the carefree days of vacation summer sun.

Gloves

If your dream highlights gloves is there a particular person or situation in waking life you need to handle with extra special care? Or do you need to protect yourself in some way. Are you keeping your hands clean and avoiding dirty business? Freud associated gloves (into which hands are inserted) with sexuality and with birth control. Traditionally, a glove was a symbol of purity in women, and picking up a glove would have the same meaning as picking up a handkerchief dropped by a woman – an invitation to intimacy. If you take your gloves off in your dream, this may suggest a desire for more honesty in waking life. If you took your right-hand glove off in order to shake hands with someone, your dream reveals your real feelings for that person. If you put on a pair of gloves in your dream, could it be that you are worried about revealing your hand? Or is someone in waking life behaving so unpredictably that you feel you have to treat them with kid gloves?

Hat/Cap/Hood/Turban

For Jung, hats symbolized thought, so if you are changing hats in your dream, this may be a sign of personal growth where long-held views are old hat and new ideas are developing. Freud, on the other hand, believed that the hat was a sexual symbol. Nowadays it is more likely to be seen as a symbol of authority, although if you take your hat off to someone in your dream, you are showing them your respect. In general, dream hats suggest intelligence and aspirations – your thinking cap – because they are worn on the head. If your hat is taller or grander than everyone else's in the dream, what could the aim of your unconscious be to set you apart in this way? Did you tip your hat in the dream or, perhaps because you have been accused of having ideas above your station, was it knocked off? If you are wearing a crown, do you feel that you deserve the acclaim of others in waking life?

Headgear is also associated with allegiance to a profession, team, or particular roles in life; for example, a judge's wig suggests justice. Your dream may be suggesting that you can learn much from the qualities displayed by that role. If the hat is a helmet, this is a symbol of protection. A dream of wearing a hood may suggest secrecy and concealment. Although they also hint at flirtatious behavior, fans don't protect but hide the face, as do veils (which furthermore have connotations with grief and mystery) and hoods (which also have connotations with death), so if any of these accessories feature in your dream, see if you can make any connections with your waking world. From whom or what are you trying to hide? For the devout Muslim or Sikh, turbans are symbols of authority, strength, and dignity; for those outside these religions, the turban may be associated with the mysteries of the East, and thus can represent spiritual aspirations, as well as a sense of the exotic and a desire for more excitement in everyday life. It may also draw the dreamer's attention to a male authority figure.

Shirt and Tie

If a shirt features in your dream, it may have been an unconscious reminder to iron one when you awake. Otherwise puns may help with the interpretation. Are you over-dependent on someone in waking life – clinging on to someone's shirttails – or is someone over-dependent on you. If you rolled your sleeves up in your dream, is a forthcoming task looming large in waking life, or are you in danger of going bankrupt and 'losing the shirt off your back'? A dream that features a shirt may be associated with gambling –

putting one's shirt – on a horse. If you were choked by a tight collar, scarf or tie in your dream, your unconscious may have been drawing attention to feelings of restriction, maybe in relation to your work, as collars and neckties tend to be worn by professionals. A tie is sometimes a sexual symbol, but it also represents something that can choke feelings. If the tie is colorful, this might represent a creative new approach. To dream of stitching a shirt or item of clothing suggests that repairs are needed in some areas of your life. If you find yourself sewing a patch on your shirt, was your unconscious speaking in puns? Is there something in your life that needs patching up? Or have you been trying to hide something about yourself from others, such as the big heart you used to wear on your sleeve?

Underclothes/Lingerie/Pajamas/Swimwear

Almost any item of clothing can be regarded as a symbol of sexuality, particularly items that draw attention to what they are covering, such as underwear, bikinis, swimsuits, and lingerie. Is the item you are wearing clean or dirty? Depending on which it is, what does that say about your attitude to sex? Generally, underwear in a dream is thought to be a symbol of your hidden attitudes and prejudices. If you dream of feeling embarrassed about being seen in your underwear, it may suggest an unwillingness to reveal your true feelings, or to have your opinions made public. What color is your dream underwear? Red may reveal hidden passions, yellow a secret fear, and so on. If your underwear is dirty or torn, it may reveal that you are not at ease with yourself right now and feel uncomfortable about your sexuality. Ancient dream oracles suggested that dreams of being in your underwear were an omen of guilty pleasures that would cause much grief. A dream that features nightwear does not necessarily have a sexual connotation; you may simply need more sleep. Pajamas and nightdresses also suggest openness and relaxation.

Uniform

A uniform such as that of a sailor, soldier, and policeman carries with it the association of that profession. So, if you dream of wearing a policeman's uniform, it may indicate feelings of having to establish law and order, or needing to keep a watchful eye on your community. If you are wearing an army uniform, are you someone with a need for more rules and greater self-discipline? If you are wearing your work clothes, this suggests you are

working at something, or is revealing of your attitudes concerning work. For school clothes, see also **SCHOOL**, **WORK**.

CLOUDS Clouds in dreams can indicate feelings of joy and inspiration or they can suggest that you are feeling overshadowed by someone or something. Gathering or black clouds in your dream may suggest real-life feelings of apprehension. Alternatively, you may feel as if you are living under a cloud because somebody is about to accuse you of something. If the clouds shifted and sunshine broke through in your dream, this is a positive sign suggesting a ray of hope that your gloomy mood will soon lift. Gray clouds denote despondence, but white clouds symbolize contentment.

CLOWN

See **CIRCUS, ARCHETYPES**.

COAT

See **CLOTHES**.

COCKROACH

See **INSECTS AND ARACHNIDS**.

COFFEE In waking life coffee is a stimulant, so do you need to inject more energy into your waking life? Coffee may also represent sociability, friendship, the giving and sharing of affection, or a social life that is in need of reviving. If you are drinking tea in your dream, this may represent some stimulating idea, hope, person, or contact. It can also suggest a need for relaxation. To dream that you are drinking water represents your need for emotional and spiritual refreshment, and to dream that you are drinking lemonade signifies that you have the ability to accomplish great things from very little.

If you yourself made, or were given, a mug of warm milk in your dream, your dreaming mind is offering you a sensation of warmth, comfort, and security, perhaps to compensate for circumstances that are stressful or demanding in waking life. Your dream may also have reminded you of your need to be nurtured and cherished by a maternal figure, a provider of human kindness. Milk is a basic food that can also be drunk and in a dream it may

refer to some deep-seated emotional need. If you are a woman feeding milk to a child or animal in your dream, this may refer to your desire to mother a person, an animal, or protect in some way. Another explanation is that it may represent semen and your desire for a sexual relationship. To spill milk in your dream symbolizes a loss of faith, opportunity, and trust. It may indicate that your friends will cause you much temporary disappointment and unhappiness. To dream of sour or impure milk denotes small problems that will torment you, but to dream that you are bathing in milk denotes a stable circle of reliable and pleasant friends. Finally, to dream that you are choking on milk indicates that you are being overprotected; perhaps you are feeling smothered in some relationship.

COFFIN

See **FUNERAL**.

COIN If coins were running through your hands in your dream, are you being extravagant or excessive in waking life or wasting time on things you know are not good for you? Your dream may be urging you to be more careful. If you are surrounded by piles of banknotes in your dreams, this may be simple wish-fulfillment if you are experiencing financial worries. On the other hand, the banknotes may not just refer to financial concerns, but also to sexual or emotional deficiencies.

CONFLICT Dreams about conflict are widespread because we all experience conflict to some degree in our daily lives. We do not, as a result, spend all our lives feeling hostile, but every one of us experiences varying degrees of tension and anxiety.

Understanding conflicts can help us manage them better, and many dream researchers believe that dreams are an invaluable tool for self-understanding. For example, Freud believed that dreams reflect hidden conflicting aspects of our personality, while Jung believed that the process of adapting to change or conflict was vital for survival and dreams offered an insight into that process. Adler believed dreams could solve problems, and theorists from the Gestalt school believe dreams increase self-understanding.

Dreams about change and conflict should therefore be listened to closely. They are a way of processing the thoughts and feelings surrounding that

change and/or conflict and by so doing they can lead us toward psychological healing and personal growth.

COLD (AS IN TEMPERATURE)

See **HOT**.

COLD If you dream you have a cold, the most logical explanation is that you are literally feeling cold because you have kicked off your bedclothes. On the other hand, you may be feeling run down and your dreaming mind is urging you to give your immune system a boost with plenty of rest, good food, and gentle exercise to prevent you from succumbing to a cold.

COLORS Your dreams may be crowded with colors only for your conscious mind to forget them on waking. This is one of the reasons why many people believe we only dream in black and white. Some people do only dream in black and white, but many of us also dream in color.

If you are one of those people who notice and appreciate colors in waking life, you are far more likely to notice them in your dreams. Yet because most of us regard color as being incidental to the action, we don't pay attention to it in our dreams and tend not to remember it when awake. However, focusing more attention on the color aspect of your dreams may help lead to a richer, more accurate, and fulfilling interpretation.

For example, let's say you dream of a statue that falls from its place on the mantelpiece and crashes to the floor. Your interpretation would probably initially focus on the symbolism of the statue crashing, but if you also recalled that the statue was actually green in your dream, then another possible interpretation could be added using the color symbolism of green, which is typically associated with jealousy. So could your unconscious be warning you that your jealousy, or someone else's jealousy, will lead to unhappiness if it remains unchecked?

Color is a vibrant part of symbolism. This is partly due to tradition and partly due to the vibratory frequency each individual color possesses. Research has been carried out to discover the effect of color on people, and it has been shown that working with color can impact your mood, your thoughts, and even your behavior. The effect is so significant that psychologists use color testing for emotional intelligence reports. Not

surprisingly, then, the colors in your dreams can tell you a great deal about your emotional state. So, if an individual color, or collection of colors, dominates or features in your dream (such as wearing a color you never usually wear), its symbolism will be significant, as color always evokes a strong emotional reaction. Try to work out exactly what that color could represent, as it is likely your subconscious is trying to comment on something by using that particular color as a symbol. Since many colors have archetypal feelings and emotions attached to them, the approach taken by Jung is considered helpful. However, it may be – because of an experience you have had with it – that a particular color transcends a Jungian meaning

Dream colors have symbolic associations attached to them but, as is the case for all dream images, their meaning can vary from person to person because you may have your own personal and special associations with that particular color. It's important to bear these associations in mind. Ask yourself whether the color reminds you of anything or anyone: a specific person, a body part, a childhood toy or some other object? For example, the color red may remind you of the first bike you ever rode, which was red, or the bunch of red roses your partner gave you on your first date together.

In a nutshell, the message from your unconscious when color features in your dream may be connected to your personal association with that shade, or it may have archetypal significance. Take a look at this chapter for some clues to its symbolic meaning and to ascertain your personal association. In this context, it might help to think about how you would describe the color to someone who is blind. What personal feelings and thoughts arise when you think of red, blue, or yellow, for example? Bear in mind that as well as human emotions, colors also emphasize and reflect positive or negative forces in your life; so when you are considering the implications of color in a dream, you also need to think about where they appear: on animals, trees, birds, people, yourself, and so on. As with all dream interpretations, trust your gut reactions first and look for the associations that make sense to you.

Beige

Beige represents the basics, the essentials, and the barest form. It may also indicate your objective, unbiased position. Everything related to this color denotes neutrality and detachment, and if it appears in a dream, it may signify an absence of communication or passion in waking life. Keywords: neutral, bland, and detached.

Black

Black is viewed as a symbol of death and mourning in many cultures, and when it appears in dreams it is linked with feelings of sadness, loss, and even passivity. Its appearance may also represent the death of old ideas, or some other aspect of change. Another possible explanation is that it represents a hidden or rejected aspect of the dreamer, as it is also the color of mystery, the unconscious, and sometimes even protection. Some dream analysts refer to the shadowy effects of black in dreams, suggesting that they are symbols of the dreamer's shadow or of an unfulfilled part of their life. It may therefore symbolize absolute recklessness and disregard of life, without considering or caring about the consequences. If black predominates in a dream, consider taking a rational and reasonable approach in waking life.

A black coffin in a dream may represent the end of a friendship and the dream may force the dreamer to re-evaluate the friendship, or let it go. A black funeral may suggest difficulties in, or the need for a new approach to, a relationship or work issue, as the current approach is doomed. Or are you grieving for a phase or aspect of your life that has recently come to an end? As stated above, black often represents the death of new ideas, so could your dream be telling you to prepare for the transition? Black animals that appear in dreams are usually associated with notions of temptation, unconscious drives and urges, while black clothes and underwear are a symbol of hidden or unconscious feelings, or sexuality. A night dream scene shrouded in darkness may relate to a certain lack of direction in your waking life. According to traditional symbolism, black is also associated with wickedness, so if you are menaced by a person wearing black in your dream, could the dream be a depiction of your darkest fears. Do you worry that someone is a threat to you or are you your own worst enemy? Keywords: the unknown, the unconscious, danger, mystery, darkness, death, mourning, hate, and malice.

Blue

Blue is a cool, calming color, often used for relaxation and meditation. Historically, it bears associations with spirituality and is representative of truth, intellect, and justice. Within the world of dreams, blue is often thought to be a symbol of the conscious mind, especially if the dream features blue skies. A shimmering bright blue may suggest feelings of well-being and tranquility. Muddy shades of blue may denote depression or moodiness. A darker shade of blue points more to the unconscious and a readiness to

liberate yourself from repressed feelings. Dark angry blue may suggest feelings of isolation and an undependable character. If you see anyone wearing dark blue in your dream, it should act as a general warning not to be too trusting in waking life. If someone paints with the color blue on you, you may be deceived by someone you trusted.

Clear blue water in a dream is often interpreted as a sign that the dreamer should pay attention to their emotional needs because blue, as with color in general, is a symbol of the emotions. The appearance of a blue precious stone may indicate freedom from a particular burden in waking life. Blue clothes are linked to notions of masculinity and the male part of the dreamer's psyche. Pale blue is traditionally the color in which baby boys are clothed, so, if you are about to become a parent, could you be thinking about a baby son? Light blue reflects the vastness of space, the sky, and the infinite possibilities of spiritual development. It represents moral values and high standards, open-mindedness, intellect, and steadfastness of purpose, so, if you have decided on a particular course of action, its appearance in your dream may be a positive signal from your unconscious that you should trust your decision.

Blue birds represent hope and liberation. Blue smoke is connected to new projects and a beautiful blue vase may suggest that you are in a state of emotional contentment. When this color appears in your dreams, it is probably a message from your subconscious telling you to relax, think things through and take things one step at a time. Depending on the context of your dream, the color blue may also be a metaphor of 'being blue' and feeling sad; you may, however, want to take off 'into the blue' to enjoy a more adventurous, unpredictable existence? Keywords: truth, intellect, communication, wisdom, heaven, eternity, devotion, tranquility, loyalty, and openness.

Brown

Most of us associate the color brown with the earth, and this is its leading significance in dreams. If, for example, you dreamed of walking on a brown surface, you may be longing for a more down-to-earth lifestyle, as earthiness can represent a character trait. The warmer the tone of brown that was featured in your dream, the more likely it is that the reference was to nature, whether that is in the natural world or to a natural, unaffected personality. If the brown is drab, this may reflect your own sense of melancholy and feeling of oppression, perhaps due to obligations and responsibilities. Brown is also

the color of commitment or self-sufficiency, so your dream may be urging you to work hard and take control today, if you want to achieve anything tomorrow. Although brown generally draws its symbolism from the earth as a source of fertility and rejuvenation, it can on occasion symbolize the melancholy of rotting leaves. For Freudians, brown is the color of excrement, indicating not only the anal fixation of an orderly and obsessive character, but also a repressed desire for artistic creativity. Keywords: worldliness, practicality, domestic and physical comfort, conservatism, and a materialistic character.

Gold

To dream of the color gold is often connected with wealth and prosperity, but note that the reference may be to other forms of wealth, such as emotional or spiritual riches. Some dream analysts suggest that dreams featuring gold are linked to growth, maturity, and aging. It is helpful if you noticed what exactly was covered in gold in your dream, as it may represent something that is valuable or of deep significance to you. Was everything in gold, or was it just one item? Was the gold out of reach, or could you touch it? The context of the dream will help you with the interpretation. Perhaps there was an element of wish-fulfillment or a degree of envy about someone else's wealth? Keywords: wealth, success, precious, valuable, and refined.

Gray

As gray lies between white and black in the color spectrum, it may indicate ambiguity or detachment when it features in a dream; this may be referring to someone you know, an aspect of yourself, or a lifestyle that lacks vibrancy and passion.

Green

Green is the color of nature. It is also the color of other forms of growth and flourishing development. If green appears in your dream, are you experiencing new growth? On the positive side, green is linked to feelings of calm and hope, but on the negative side it is associated with jealousy. Green is the color displayed by growing and healthy vegetation and foliage, and it quite clearly indicates natural growth or the mental relaxation gained from being close to nature. So if you were surrounded by lush green vegetation in your dream, could your unconscious have been urging you to pay more

attention to the environment around you, or to become more environmentally friendly? Consider, too, the other associations that are often made with this color; could your unconscious be telling you that your approach is naïve, immature, or green? Could you do with an injection of freshness and hope in your life? Or have you become a victim of the green-eyed monster: jealousy?

If darker shades of green appear in relation to a certain person, is it because you are jealous or envious of them or something of theirs? Dark green also tends to indicate cheating, deceit, and selfishness. Muddier shades of dark green sometimes point to envy and greed, as well as a stubborn or self-opinionated attitude. Alternatively, have you been given the green light to go ahead with some business or family venture? A green field could indicate inner feelings of calm. Green fruits may suggest that a current project is not quite ripe and that patience is needed until the time is right to begin. Green vegetables could also be associated with the idea of personal health or growth. Green eyes have traditionally been linked to feelings of jealousy. Were the eyes your own or someone else's? A green path may be linked to a physical or emotional journey. Lighter shades of green tending toward blue represent healing. This color is also representative of money. Keywords: positive change, growth, healing, vitality, serenity, money, wealth, and jealousy.

Orange

Orange has many associations, in particular with generosity and optimism. It is considered to be a color of warmth, thoughtfulness, wisdom, and sociability, and it is connected with sunshine and light. Orange or saffron indicates a person with a strong spiritual presence. If you have been discouraged in your search for spiritual enlightenment, the presence of orange in your dream may suggest that your patience will be rewarded. If you are dressed in orange, this may underline your desire to shun materialism in favor of spiritualism. Dreams in which orange features are often taken as signs of positive change within the dreamer's life, but it is important to point out that orange also has associations with mistrust, uncertainty, and doubt.

Muddier shades of orange may be representative of this uncertainty, and in a dream they may be urging you to be more thoughtful about a particular person or situation. Orange surfaces and staircases in dreams may represent positive journeys. If an orange object caught your dreaming eye, could it have reflected your own upbeat outlook, or could it have been urging you to

transform your life for the better by being more positive, sociable, and outgoing? For example, an orange hat may suggest an optimistic new way of thinking. An orange flower may suggest a sense of contentment with life. An orange fist may suggest anger, hostility, and aggression. Keywords: friendliness, courtesy, lively, sociability, and an outgoing nature. You may want to expand your horizons and look into new interests.

Pink

Pink is traditionally associated with young girls, romantic love, and well-being (it is said that you are 'in the pink' when you feel at your best). If pink features in your dream, do any of the above reflect the circumstances or hopes and dreams in your waking life? In particular, pink is associated with unconditional love and some dream interpreters link the color with powers of healing or with the heart chakra (a center of spiritual energy). A pink window or door may therefore suggest an unexplored opportunity for happiness. Pink clothes may suggest that the dreamer longs to be wrapped in love by someone in waking life. Pink flowers suggest positive and loving friendships. A pink face may be a sign of emotional honesty. A pink cupboard may be related to the idea that you are storing love for someone, perhaps waiting for the right moment to reveal and express it. Keywords: love, joy, sweetness, happiness, affection, kindness. Being in love or healing through love is also implied with this color.

Purple

Purple is traditionally associated with royalty and the legal profession. In dreams, therefore, purple is indicative of loyalty, authority, and justice. And because purple shades tinge the sky just before dawn and nightfall – times that were once thought to be imbued with mysterious and otherworldly powers – violet, indigo, and any shade of purple are thought to possess profoundly spiritual or religious qualities. Whenever they appear in a dream, they may be seen as indicating compassion, deep intuitive wisdom and, by implication, inner peace. If anyone you know was wearing purple in your dream, could this have reflected your admiration and respect for their spiritual or regal qualities? Or did these clothes irritate you because of that person's self aggrandizement, or because you feel subservient to some authority figure or institution in your life? On the other hand, could the dream have been suggesting that you, or someone you know, is being a 'shrinking

violet', i.e. shy and modest?

Purple everyday objects in dreams could also indicate the need for more openness and honesty in your dealings with others. Darker shades of violet may suggest misunderstandings or obstacles that need to be overcome. Violet is also a spiritual color, and brighter shades of violet in a dream are associated with inspiration and stimulation. If violet features in your dream, have you been feeling as if you cannot relate to anyone? Could your dream possibly be trying to give you added inspiration with regard to a new project? Keywords: devotion, healing abilities, loving, kindness, and compassion. It is also the color of royalty, high rank, and dignity.

Red

In waking life red is associated with fire, heat, blood, and passion. In dreams, these 'hot' themes are often mirrored and the interpretation is typically connected with passion, energy, or vitality. Red is also associated with anger and rage toward something or someone, and, through its association with fire, can represent danger and prohibition. This is reflected in the red 'stop' signs of many countries' traffic-control systems. The color also indicates the angry urge to fight back and, if you are experiencing such violent emotions and you dream of red, take it as a warning to exercise restraint, or the consequences will be tragic. Revenge or retaliation is not advisable.

If red features in your dream, perhaps you should consider the tone that was being used. Lighter shades of red can be representative of excitement (especially sexual), passion, energy, and life. However, deeper or 'weighed-down' shades of red may be indicative of the overheated emotions of lust and anger, and the impulsive desire for revenge. Notice again how the 'stop' sign is red; red can thus be seen as a hint from your subconscious to stop acting in a particular way.

Because red is the color of blood, it may also denote physical strength, vital energy and the life force which, depending on the context of the dream, may be ebbing away or throbbing with life. A red heart may stand for deep-seated sexual energy or desire in waking life, red ears may suggest embarrassment or guilt, while a red nose is often thought to indicate an inquisitive nature. Red flames are believed to indicate the threat of danger, red wine is often linked to feelings of satisfaction and contentment, and a red rose is typically tied to the idea of romance and passion. Who was holding the red rose in your dream? Other considerations to take into account include

whether the red in your dream suggests being ‘in the red’ (in debt), or brings to mind a person who holds socialists beliefs (a red). It can also refer to a scarlet (sexually permissive) woman, or to waving the proverbial red flag at something, or someone, who provoked you. Keywords: danger, shame, sexual impulses, passion, and urges. Perhaps you need to stop and think about your actions.

Silver

Silver in dreams is often related to skill, new beginnings, and luck. In some cases, a dream that features silver may tell the dreamer of some ambition or aspiration. Try to notice what type of silver appeared in the dream. If it was polished silver and you can see your reflection, the dream may be inviting you to take a step back and reflect on your progress. If the dream features shimmering silver, your unconscious may have been highlighting subtle, feminine characteristics associated with silver and the moon, such as intuition. Silver may also indicate old, but precious memories, and occasionally sadness. Keywords: justice, purity, reflection, intuition, and protective energy.

White

White is often regarded as the color of purity, truth, goodness, and hope, perhaps best represented by the virginal bride. Within a Western context, seeing this color in your dreams may therefore be a message from your subconscious urging you to discover the truth of a situation, or to find your own truth. It is also the color of completeness and innocence. Questions to ask yourself if white appears in your dream: is your dream encouraging you to see the truth or could your dream be hinting at a fresh start to some aspect of your life?

If white appeared in your dream in connection with someone you know, your dream may have reflected your faith in that person’s goodness, or perhaps you feel that in some respects this person can show you a better way. In addition, while black or darkness obscures surroundings, white or brightness illuminates them, which is why it can denote transparency and truth. If you dreamed of being bathed in white light, your unconscious may have been indicating a sudden burst of self-knowledge that will enable you to put the past behind you and make a fresh start in the world. If, however, the feeling in your dream that featured white was one of sadness or frustration,

could the suggestion have been that you are tired of your colorless waking life and long for more excitement and color?

A white sky may be wishful thinking for a purer, simpler life, a white room may symbolize a state of calm or a sense of peace, while white trees could be connected to a deep-rooted wish to make a fresh start and end a difficult personal conflict. A white book may be a symbol of insight and knowledge, and a white hand the beginning of a new friendship. White food or drink is linked to notions of emotional purity, and if the food or drink is tainted in any way, this may suggest that the dreamer is in need of cleansing in some aspect of their emotional life. However, bear in mind that in many Eastern cultures, white is associated with death and mourning. As an absence of color, white may therefore evoke desolation or the bloodless, lifeless corpse or ghost. Keywords: purity, perfection, peace, innocence, dignity, cleanliness, awareness, and new beginnings. You may be experiencing a reawakening or have a fresh outlook on life.

Yellow

Yellow in dreams is often thought to be a symbol of the intellect and the ability to think clearly. Therefore a dream that features yellow may indicate the dreamer's thought processes, suggesting that they are thinking clearly. On the other hand, it may suggest someone who has no positive goals and who is drifting along in life. If this is the case, the unconscious is urging the dreamer to take steps toward improving their self-confidence so that they can move forward in life.

The traditional association with yellow, however, is cowardice and, in dreams, muddier shades of yellow may mean blocked intuition, betrayal, and treachery, as well as feelings of fear and cowardice. If the dream features bright yellow, this can suggest sunniness, joy, and optimism in waking life. Yellow, like orange and gold, is associated with the sun and because the sun lights up our world and gives us warmth, these colors often impart a contented, sunny mood. Therefore if bright yellow features strongly in your dream, your unconscious may be encouraging you to cheer up. As a powerful source of energy, the sun also symbolizes intelligence and enlightenment, so if anyone in your dream was wearing yellow, it may have been drawing attention to their intellectual and energetic character. Could the dream have been urging you to adopt some of these qualities in waking life?

A yellow bird or animal may be tied to the notion of being liberated from

some aspect of your life. Yellow food or drink may point to the need for extra sustenance to give you a physical or mental energy boost. Yellow flowers and plants are usually linking to creativity and change. Does this color appear in your dreams constantly in association with a certain symbol? If it does, then maybe you will find joy in association with that symbol if you allow yourself to.

The color yellow has both positive and negative connotations. If the dream is a pleasant one, then the color yellow is symbolic of intellect, energy, agility, happiness, harmony, and wisdom. On the other hand, if the dream is an unpleasant one, then the color represents cowardice and indecision.

COLOR CONNECTIONS When remembering the colors in your dreams, it is important to recall if the colors were bright and vivid, or muted and faded, as the strength of the colors may be linked directly to your emotions and emotional needs at the time of the dream. Rich, clear colors may signify inner strength or a sense of well-being, whereas weak colors may represent feelings of being jaded or washed out in some way.

There is a clear difference between light and dark in the dream, especially if it features an indoor location. Darkness can mean that your situation is unclear or confused; it could also suggest being in unknown or difficult territory, or it may represent a secret part of yourself or a part that you do not know. Another interpretation suggests depression or the darker aspects of life. Light is the opposite. Light represents clearness, insight, and enlightenment, and can signify the light at the end of the tunnel or seeing the light. It also has much to do with confidence. To feel lighter suggests feeling good about yourself. If the light is very bright, it can suggest the development of intuition or insight. If your dream took place in the bright daytime sunshine or in the shadow of a dark night, your memory of the dream will be tinged with optimism, associated with the light and brightness, or pessimism, associated with the darkness.

If a gray and faded shade of green appeared in your dream, this may be referring to the dullness of your waking life. On the other hand, if the green was bright and vivid, it may be suggesting a period of new growth. Background colors therefore play an important part in creating the ambience or feel of the dream and in influencing your reaction to it. For example, if you have a favorite or least-favorite color, its appearance in your dream may also reinforce your positive and negative reaction to it.

In some instances, you may find yourself trying to interpret a dream but the details have faded from your memory; that is apart from the glittering dark-blue suit your friend was wearing. Why would your unconscious have dressed your friend in this way? The answer may lie in the archetypal symbolic meaning of blue, or your personal association with it. Indeed, any color that was highlighted in your dream may have been sending you a message from your unconscious; your task is to try to make a link between what that color means to you, the context in which it appeared, your real-life circumstances and the symbolic connotations associated with that particular color.

COLORING To dream that you are coloring in a picture may be an expression of your hidden, creative talents and your ability to look on the bright side of life. To dream about a coloring book indicates your wish to return to a time in life when you had few responsibilities or worries. It also represents innocence.

COMPUTER According to Jungians, the computer as a symbol of the advance of technology is fast becoming its own archetype. A computer appearing in a dream is a symbol of the rational, unemotional part of your mind, but can also signify your memories and stored information or your hidden potential and the work you need to do to achieve a certain goal. Computers are such a part of our lives right now that whenever computers of any kind appear in your dream the meaning will depend on other images but, in general, it represents how logically you are dealing with a particular situation in your life. It can also be a sign that you fear revealing your true emotions and are not letting the world see who you really are.

If you dream of a computer malfunction (or virus), your computer crashing, a fatal system error or a cursor that is frozen, this indicates thought processes that are not working in your favor or impending danger if you don’t pay attention to details or take precautions. Some situation or relationship in your life is blocked or in danger of spiraling into chaos. You need to go back to basics and think clearly and rationally as this will help you find a solution and protect you from further turmoil. If you dream of information sharing between computers, this is a sign that you need to reach out and share your vision rather than keep it to yourself.

Although computers generally represent the need to be logical and clear in your thinking, dreaming about technology or computers, especially if they do astonishing things in your dream, more often than not suggests that the way forward is for you to add a little more creativity and adventure into the picture. If you dream of a computer that is switched off or won't start, perhaps you need to take some time out from your daily routine.

Dreaming about computer screens or monitors represents a sense of unlimited possibility. Pay attention to what you see on the computer as it may offer you a sense of direction. Computer hackers are associated with Jung's 'trickster' archetype and are a sign of impending chaos if you don't have checks and balances in place. Hard drives and batteries symbolize the material, conscious, and physical aspects of you and the functional driven part of your personality. Software, discs, and plug-ins represent your inner self or the image you have of yourself.

Printers are a manifestation of your plans and blank printing paper symbols of hope or despair: the opportunity to create ideas or the sense of having no ideas. Keyboards are associated with emotions and how emotionally intelligent you are. Are you typing with ease or struggling to locate the letters? The mouse and cursor are symbols of the direction your life can head in or what you need to focus your energy on. If the cursor is frozen or a computer crashes in your dream, this can suggest blockages and challenges you need to overcome before you can get moving again. Anything relating to computers not working or being broken in your dream suggests the need for a fresh start or restart. You need to stop doing things the way you have always thought you should do them and try a new approach instead.

Playing computer games suggests the ability to manipulate a situation in your waking life to your advantage, if you are able to combine a logical approach with a little creative flair. However, if you have been playing computer games before you fall asleep and you dream about that game it could simply be your mind refusing to let the game go in your sleep.

Should a laptop appear in your dreams then your dreaming mind is encouraging you to be more creative and flexible in your approach to work or a situation. Logic can only get you so far. Finding yourself the victim of computer hacking suggests that someone is trying to manipulate you. It could also mean that you feel guilty or ashamed or embarrassed about something. Either way, there is a feeling of being compromised or having your privacy invaded in some way. The same interpretation applies if you dream about

email spam. If you are hacking a computer in your dream, then you are trying to find ways to manipulate a situation or a relationship to your advantage. Bear in mind that hackers are often highly skilled computer experts, so if you have this dream and it feels good it could also suggest that you feel powerful and in complete control in your waking life. Just make sure you use your powers wisely and responsibly.

Dreaming about documents and files suggests that you need to do some study or research because knowledge is power. Pay attention to the information in those documents and files and where it directs your attention. If the documents are blank this suggests potential, but it is important to take action otherwise your potential will remain locked in and unrealized. Data storing services encourage you to learn lessons from your past so that you don't keep on making the same mistakes over and over again.

See also **EMAIL**, **INTERNET**, **VIDEO**, **VIRUS**

COMPUTER GAMES

See **COMPUTER**.

CONDOM As a symbol of protection, condoms in dreams symbolize both physical and psychological protection from vulnerability in intimate relationships. If a condom features in your dream, it might help to see it not only as a reminder that you are using appropriate contraception, but also as a warning to check you are dealing with loved ones in a caring and respectful way.

See also **SEX**.

CONFINEMENT Your frustration at the restrictions life puts upon you can often spill over into your dreams. Although depressing, pay attention to the details of such dreams as they may contain hints as to how to overcome these restrictions. If you dreamt of being locked up, restrained, or confined in some way by locks, ropes, chains, or impossibly tight clothes, this might reflect feelings of great frustration in your waking life. Such dreams typically indicate that you are feeling frustrated because someone or something in your life is preventing you from realizing your potential or your ambitions. If you saw who was trying to confine you in your dream, they may represent the person who is making you feel trapped. Alternatively, you may be feeling

trapped by some obligation, situation, deadening job, or stifling relationship from which there is no escape. Your unconscious is urging you to find a solution and break free.

If you are gagged in your dream, this is a sign that something or someone has taken away your freedom of expression. If you are chained up or locked up in a cell, such symbols could represent your own inhibitions; if this is the case, your unconscious is again urging you to break free from your self-imposed shackles. You may be fearful of making a decision in case you make the wrong one and, if this is indeed the case, your dreaming self is depicting you bound and fettered as a way of telling you that sometimes in life you need to take a risk and make a judgment call. Dreams in which you are confined in a small space but still able to move or crawl may point to the struggle of your creative energies to find expression in waking life. Is something or someone repressing your energy and is it time for you to break free? Dreams in which you are crawling through a tunnel also express anxieties about a challenging event in your waking life.

If you dream of falling into a pit, this is a reference in waking life to something or someone who is restricting your movements or thought. If you fall into a trap, the implication is that this desperate situation may be partly your own fault. A dream in which you are caught in a net may, however, have erotic connotations, as the symbol of the net is connected with feminine power. If your horse is in reins or a harness in your dream, because the horse is traditionally a symbol of life and may represent an aspect of your personality, the reference may be to some frustration or confinement in waking life; this might be self-imposed or imposed by someone else, but either way it is preventing the full expression of your personality.

CONTACT LENSES

See GLASSES.

CONTAINER Boxes, drawers, wardrobes, and other storage containers in dreams may relate to feelings of safety, security, and containment. They may also suggest that you are storing too much emotional baggage and need to lighten your load. An empty container may suggest that you are in need of emotional support or fulfillment. If a dream container is well organized with room to spare, you may be feeling comfortable in the way you organize your

life. If, however, the box is disorganized and overcrowded with items, this can symbolize a sense of being overburdened with daily tasks or with emotions. It is worth remembering whether any items were offloaded in order to make the box easier to use.

CONTRACEPTIVE To see or use contraceptives in your dream suggests that you are not allowing your creativity to express itself and that you are holding back some aspect of yourself. Alternatively, it signifies your anxieties about pregnancy or sexually transmitted diseases. In waking life, birth control is used to prevent a pregnancy and the details of the dream should indicate what it is in waking life you are trying to prevent. This could be pregnancy, but it could also refer to the suppression of creativity, maternal and paternal feelings, anxiety about sexual activity, and feelings or attitudes regarding responsibility.

CONTRACT

See **CHECK**.

CONVERSATION

See **VOICE**.

CONVICT/CRIMINAL

See **BURGLAR, CRIME**.

COOK/COOKING Male and female sexuality, as well as family life in general, are symbolized by the utensils and vessels used in cooking. The cooking fire or oven is traditionally the focus of the household and can symbolize the deepest center of your being; something burning in the kitchen should therefore alert you to problems in your family life. If you are preparing a meal in your dream kitchen, this may suggest a quest for love and affection. If you are frying food in your dream, there is the constant risk of getting burned; the smoke billowing around your kitchen may be warning you that a problem could get worse if you avoid it or don’t deal with it. Cinders or a grate in your dream kitchen can represent ruined hopes as well as the potential of projects yet to be born. If you are cooking with pots and pans, the association is with male or female sexuality, depending on whether

the pot or pan has a handle (male sexuality).

COOKIE
See **FOOD**.

COPPER
See **METAL**.

CORN
See **FOOD**.

CORNER To dream that you are in a corner or see a corner signifies feelings of frustration and lack of control in making decisions. You may feel trapped and cornered in waking life. To turn a corner indicates that you are moving forward in your life, despite the obstacles in your path. You are no longer feeling trapped or restricted, and feel that you can handle the unexpected or new experiences. You have gained a new and positive perspective on life. To be turning a right-handed corner indicates a logical course of action, while to turn a left-handed corner indicates a more intuitive approach to life.

CORPSE To dream of a dead person or corpse usually represents some aspect of your life that has died. It can refer to the death of feelings in connection with someone, to the depression that follows big changes in your life or to the feeling that you are going nowhere. Alternatively, the dead person may be a part of yourself that you want to leave behind or it could be a warning that you are taking too much from life and not putting enough back. If you dreamed of the death of a loved one who is seriously ill or advanced in years, your unconscious may have been preparing you for their future departure from your life. By exposing you in the dream to emotions that will overwhelm you, your shock may be lessened and thus easier to bear.

Dreams such as this one may also be urging you to tell loved ones how much they mean to you before it is too late. If, in your dream, you felt no emotion at all when a loved one died, the interpretation is likely to be different, as it represents something in your life that is coming to an end or that should end. An alternative explanation is that you fear the death of your

relationship, particularly if your partner has withdrawn emotionally from you in the waking world. A dream in which you became a widow or widower or suffer bereavement can indicate feelings of loneliness in waking life. If you are in a relationship, such a dream may suggest that there is a lack of understanding or a communication breakdown between you and your partner.

CORRIDOR To dream that you are walking down a corridor signifies your desperation in trying to escape a repetitive situation or behavior patterns. Alternatively, it can also suggest a willingness to open new doors of opportunity.

COSMETICS

See **MAKE-UP**.

COSTUME Costumes and masks suggest the deceptive appearance we present to others in waking life. If you see a pair of masks, this can symbolize your inherent duality – in Jungian terms, the opposed forces of light and shadow that exist within each one of us. Dreams that feature costumes, fancy dress, or drag suggest that you are attempting to disguise some aspect of your personality. Dreams of transvestism – deliberately dressing in clothes of the opposite sex – are unlikely to be about sexual preference but more about the need to balance the masculine and feminine aspects of your personality. If you are wearing a historical costume in your dream, either for a play or as normal dress, then perhaps your image needs updating or a part of you is disguising your real self. If you come face to face with someone in your dream and they are wearing a mask, your dreaming mind is sending you a powerful message that you believe they are wearing a false mask in waking life.

COT

See **CRADLE**.

COUNTRYSIDE Country scenes in dreams refer to the forces of nature within you. When you dream of the countryside, you are putting yourself in touch with your natural, spontaneous feelings. If you have memories of feeling relaxed and happy in the country, your dream may recreate this with

images of freedom and openness, urging you to clarify your own feelings about the way you are leading your life. If country lanes appear in your dream, this indicates a meeting with what is natural in you; in some cases, what you encounter on the path can be disturbing, such as a wolf.

In countryside dreams, hills, mountains, and slopes are images of problems you may be encountering in your waking life; the dream will indicate how confident you are in dealing with them. Are you climbing confidently or with fear? Remember, too, that the higher the mountain in your dream, the more difficult the challenge ahead. Are you gripped by a fear of falling as you climb? This would reflect your waking fear of losing your position or your reputation. Or did you reach the highest pinnacle of the mountain or cliff and bask in your sense of achievement? If you dreamed of descending a mountain, this could indicate your desire to come down to earth or your exhaustion with your continual upwards struggle. It could also indicate a sense of regret. If you fell down a mountain, this mirrors fears in waking life that you are losing control of your career.

Dream impediments such as chasms, gorges, ditches, or hurdles also indicate difficulties you need to leap or surmount. For Freudians, climbing over a stile, like straddling a horse, is a common dream image of sexual intercourse. A dream featuring a boundary or frontier may suggest challenge and criticism, or the ability to overcome problems. Dream fences and gates also imply restrictions of some kind, but they can also indicate a need for security in waking life. Open plains, prairies, or moorland evoke the endless possibilities of the unconscious, both exciting and frightening at the same time.

COURTROOM To dream that you are in court listening to charges against you signifies your struggle with issues of fear and guilt. A situation or circumstance in your life is giving you much distress and worry, and you may feel that you are being judged in some way. If your dream focuses on a law court, a judge, or justice in general, this can indicate that your unconscious is trying to sort out right from wrong in your waking life; the moral confusion might be on a personal level or something to do with your social life. Such dreams may also be urging you to pay attention to your actions or to your attitude toward authority.

The image of a jury in a dream indicates struggles with peer group pressure. Perhaps you feel that others do not understand you or that you are

being judged in some way? If you are a member of a jury in your dream, you may feel that you need to go along with the group or go it alone regarding a certain situation in your waking life. Alternatively, do you have to make a difficult decision in real life or an unpopular judgment?

COW

See **ANIMALS**.

CRAB Crabs mainly inhabit the sea and therefore have traditionally been associated with aspects of your unconscious. They may symbolize the ability to cultivate homely energy in various circumstances, as crab power is the energy of making a home, however far away from home you may be. Crabs also represent the energy of the psyche that rejects change and finds it hard to let go; the side of us that hangs back instead of taking a chance. If you are bitten or pinched by a crab in your dream, it is possible that some part of your current situation is resistant to change; this might be because of yourself, or because of another. The armored body of the crab suggests the need to protect yourself against something or someone, and the pincer-like claws show a willingness to attack or tackle whatever obstacles lie in their path. If a crab appears in your dream, could it be a reflection of a crabby or bad-tempered aspect of your personality; an aspect that resists the attempts of others to penetrate the rough outer shell you have developed in waking life to protect your soft emotional center?

If your dreaming mind saw a crab or lobster without its shell, this is a symbol of your feelings of emotional vulnerability. If the crab scuttled sideways in your dream, this may mirror a tendency to be evasive when others try to get too close to you or it may also reflect your inability to think logically or in a straight line. Additionally, with their habit of burrowing under the sand, the crab may represent anything that is sapping your energy. Bear in mind, too, that the crab is the symbol for someone born under the astrological sign of Cancer, so your dream crab may be referring to them.

CRADLE To see a cradle in your dream represents a new project or a fresh start. As a precognitive dream it may represent pregnancy, and in a man's dream it can represent the need to be protected and cared for. Your dream may be telling you to regain some control and independence in your life. An empty cradle suggests fear about not having children, or fears about the responsibility of becoming, or being, a mother. If you are rocking the cradle, this may be a reference to your power: think of the saying 'the hand that rocks the cradle'.

CRASH If you are involved in (or die) in a train, bus, car, motorcycle or airplane accident in your dream, whether or not you were driving the vehicle that crashed is significant. If you were not driving, the dream may be urging you to take control of your life; if you were driving, the dream is urging you to alter your course or change your plans in waking life to avert disaster.

CRAWL Dreams of crawling suggest some kind of humiliation in waking life.

CREDIT CARD If a credit card appears in your dreams, this symbolizes your feelings about money and the satisfaction, pleasure, security it can bring, as well as the uncertainties. It may also represent your ability to get what you want in life. Having or getting a credit card symbolizes your sense of personal power in the waking world and the ease with which you make money. Losing a credit card or having it rejected in your dreams signifies uncertainty about your financial future and may reflect the feeling of stress to which getting your needs in life can often lead.

CRESCENT Due to its association with the moon, the crescent in dreams indicates femininity, and non-rational, intuitive power and creativity. It can also represent the beginning or the ending of something in your life. If the crescent is C-shaped, it may suggest that something in your life is waning or disappearing; but if the circle is a reversed C, then waxing and growth may have been implied, perhaps even the conception of a baby. If you are a Muslim, the crescent is a symbol of Islam, while if you are a Christian, it is a symbol of the Virgin Mary. In both instances, a crescent appearing in your

dream may have been focusing on your faith.

CRICKET

See **TEAM GAMES**.

CRIME/CRIMINAL

See **BAD DEEDS, DECEPTION, PUNISHMENT, STEALING, VICTIM**.

CROCODILE

See **REPTILES**.

CROSS Until around AD 33, the cross was a symbol of punishment, as well as being a simple symbol of connection. Since that time, the cross has become a powerful symbol of religion, but it also indicates the challenges and tribulations that you face in life. The most obvious connection the majority of us make is with the cross on which Jesus died. If you are religious and focus on the pain and suffering of Jesus, the cross could mean that you feel there are great burdens in your life that are almost too much to bear. You are being crucified – tortured – for the things in which you believe. The pain is unwarranted but you bear it all the same, and are seeking for a way to handle your problems. Yes, there may be troubles, but if you approach them with a joyful spirit and optimism, you will find a path through them. Your dreaming mind is telling you that you have the spiritual strength within you to overcome any hurdle.

If you are not religious, the cross could stand for a power in your life over which you have no control or that is trying to influence you. It could mean that you have a certain path you wish to take, but that forces are preventing you from taking that path. The cross may also represent something in your life that is wrong or forbidden, or something you need to cross off a list. If the cross is upright as in †, this suggests correctness and self-assertion; but if the cross is in the shape of an X, it represents reaching out and wholeness.

CROSSING If you are crossing the street in your dream, this is an image of potential danger, fear, and uncertainty in waking life. If you are crossing a field, you may need to bring your feelings out into the open. Crossing a river or chasm depicts the end of one phase or stage of life and the beginning of

another. To dream that you are at an intersection or crossroad signifies that you have come to a point in your life where you have several options from which to choose, all of which will take you to different destinations. This dream suggests you need to make an important decision, often in relation to career or life changes. To turn left at the crossroad can indicate following your intuition, while to turn right can mean making logical decisions.

CROW

See **BIRDS**.

CROWD A number of possible interpretations for dreams of crowds suggest themselves. These range from a need for a feeling of unity or belonging; a sense of suffocation, feeling stifled, or crowded out; a desire for anonymity and to blend into the crowd; a sense of feeling like a stranger, that you are misplaced or too much going on in your life. The details of your dream should help provide the meaning. In dreams, crowds can also express how well you relate to other people, particularly in a social sense. They may also indicate how well you hide yourself, hide aspects of yourself or attempt to avoid responsibility.

A large crowd can suggest information overload, a crowd of problems or finding yourself in a situation that overwhelms you. A dream of feeling at one with a crowd – such as watching or singing along at a match or game in a sport's arena – may have been emphasizing the security you derive from being with like-minded people. If, however, you do not feel at one with the crowd, your dreaming mind may be urging you to assert your individuality. If you transformed into a cheerleader, your unconscious may have been highlighting the euphoria that you feel in waking life from being at one with the people around you. The denser and more claustrophobic the crowd in your dream, the greater and more demanding the problems in your waking life may seem; if you find a way out of the crowd or take control of it, your dream interpretation will be positive. If you are trampled down in the crowd in your dream, this suggests that you need a great deal of help. Perhaps you are working too hard, caring for a sick relative or the problems you are facing are too overwhelming to deal with alone.

In dreams, unknown people in crowds or gatherings often represent aspects of yourself, such as your attitudes, strengths, and anxieties. As social

relationships are important for personal well-being and survival, such dreams also help you clarify your way of interacting with society in general. Are you in contact with the people in your dreams? Do you conform or rebel? Do you like the people in your dream and what do they mean to you? Questions like these will throw light on the meaning of your dream. Such dreams can also depict what public opinion thinks of you, so pay attention to the reaction of the people in the crowds.

CROWN To dream of a crown is to acknowledge your own success and to recognize your ability to forge ahead in life. You may also be about to receive some sort of honor or award. If you dreamt that a crown or wreath was placed on your head or a garland of flowers was placed around your neck, this could suggest that you crave to be acknowledged as head and shoulders above the rest in your waking life. As well as wish-fulfillment, such dreams can also be literal. Perhaps you have recently been promoted at work or been given new authority over other people.

See **JEWELRY**.

CRUTCH A crutch in your dream may refer to the support of another person or your need for support.
See also **DEFORMITY**.

CRYING
See **VOICE**.

CRYPTOCURRENCY
See **MONEY**.

CRYSTAL In dreams, the appearance of a crystal suggests clarity or breaking through to higher levels of consciousness. It may also suggest purity or something that is clearly understood as in ‘crystal clear’. Crystals are also

associated with healing properties, so in dreams they may be symbolic of something that has enormous healing capabilities. If you were looking into a crystal ball in your dream, what you see is most likely to be wish-fulfillment or a reflection of your hidden fears. To dream of coral has a significant meaning in dreams, since coral comes from the depths of the sea; it may therefore relate to your deepest hopes and fears.

A crystal is an earth compound – a mineral or gemstone. Both ancient cultures and modern science have utilized the mysterious qualities of crystals, which have the ability to receive and transmit energy. If a specific crystal appears in your dream it may therefore be highlighting a particular quality: Amber – balance; Amethyst – spiritual awareness, transmutation, healing; Aquamarine – purification, healing, calming; Bloodstone – courage, physical energy; Calcite – balance, peaceful meditation; Carnelian – sex, self-esteem, creativity; Fluorite – healing, releasing unwanted energies; Hematite – encouraging willpower, concentration; Herkimer diamond – dream recall; Jade – fertility, wisdom, tranquility; Lapis lazuli – communication, healing; Malachite – protection, money; Moonstone – love, psychic awareness, femininity; Obsidian – inner growth, psychic development; Opal – passion, love, and emotional expression; Quartz – change, focus; Red jasper – compassion; Rhodolite – love; Rose quartz – love, compassion; Tiger's eye – empowerment, willpower, courage, clarity; Topaz – new beginnings; Tourmaline – healing, balance; Turquoise – balance, friendship, positive thinking.

See **GEMSTONES**, **ROCKS**.

CUCKOO

See **BIRDS**.

CUP Receiving a cup is less about wish-fulfillment than about the symbolism of the chalice, indicating a receptive state that encourages intuitive development and a go-with-the-flow approach to life. It may also be encouraging you to be more open to the feminine side of your nature, and to give and receive in equal measure. A common dream among men is the presentation of the football cup, suggesting they feel as if they should be declared 'first among men'. When a cup is seen to represent female sexuality, drinking out of it is erotic wish-fulfillment. If it is hurled across a room by a

man, it may express fear of, or anger toward, female sexuality; if by a woman, the dream suggests that the dreamer is using sex as a weapon. For Jungians, the cup is a homely symbol of the abundance of life's opportunities; it is also a symbol of self-realization in that it is an echo of the Holy Grail. A full or overflowing cup often symbolizes excitement and new opportunities, but an empty or smashed cup indicates the opposite.

CUPBOARD If you dreamed of opening a cupboard door to find that it opened into an empty room or a room you hadn't seen before, your dreaming mind is telling you that you are ready for new challenges in life. The time is right to begin a new project or make a change. The dream can also suggest hidden memories and emotions, suggestive of the 'skeleton in the cupboard'. If the cupboard is open, closed or you are trapped in it, this indicates how open or closed you are to other people and the possibility of change. To see a closet in your dream symbolizes something in your life that you have kept hidden. It may also signify an unveiling of previously hidden aspects of yourself as in 'coming out of the closet'. Storing clothes in the wardrobe or dressing room may express the image you want to present to the outside world – or in Jungian terminology, the persona. A locked wardrobe indicates a desire for privacy, whereas a wardrobe overflowing with clothes suggests extravagance.

CURSING

See **VOICE**.

CURSOR

See **COMPUTER**.

CURTAINS Closing curtains or drapes in your dream may mean that you are unable to face up to a certain situation or problem, or that you do not know what is going on around you. On the other hand, it may mean that you are being secretive and do not want other people to know how you are feeling. Dreams that feature closed curtains can suggest a sense that you are trying to block out a problem in waking life, or perhaps feel the need for secrecy relating to a certain issue. If the curtains are open in your dream, you may be feeling generous or ready to share information.

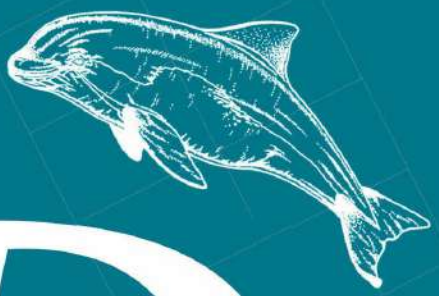
CUSHION
See **CHAIR**.

CUT To dream that you have a cut suggests that you are being let down or being undervalued. If the cuts are on your legs, then it symbolizes an imbalance and an inability to stand up for yourself. To dream that you are cutting or harming yourself in some way, either accidentally or on purpose, indicates that you are experiencing some overwhelming turmoil or problems in your waking life. You are trying to disconnect yourself from the discomfort or pain you are experiencing.
See also **HAIR**.

CUTLERY
See **SILVERWARE**.

CYCLONE
See **TORNADO**.

D



DAGGER Although daggers and knives are symbols of violence – indicating concealed hostility toward someone – they are also symbols of male self-esteem and can stand for the secure presence of a father in waking life. But if a dagger or knife is used against you in your dream, this may suggest a threat from someone or a reminder that you are being confronted with a dangerous or precarious situation in waking life, as in 'being on a knife's edge'. A knife has the ability to cut into things and perhaps pinpoint what is bothering you or what needs to be cut out.

DAFFODIL

See **FLOWERS**.

DAISY

See **FLOWERS**.

DAMNATION Your dreaming mind may at times employ sinister symbolism to address what it perceives to be the darker side of human nature. It has a wealth of material to call upon from both religion and mythology. There may be imps from hell to drag you into a fiery torment, demons of plague and pestilence, Beelzebub the 'Lord of the Flies', Asmodeus the demon of anger and lust, and a host of other demons, fiends, and evil spirits in the form of toads, serpents, hobgoblins, and elves. Each represents darker aspects of your own nature, perhaps a fear of the unknown that is not expressed in waking life, perhaps your frustrated desires and loss of control. Dreams of the devil himself (or modern representations of evil such as Darth Vader from *Star Wars* or Lord Voldemort from the Harry Potter books) may be seen as a representation of your dark, unconscious, and baser urges. For Jungians, such a figure would be the ultimate shadow archetype. Devil dreams tend to occur when people are breaking with tradition in some way. They may also be related to evil or negative influences within yourself,

possibly linking to a recent or impending decision or action of yours in waking life.
See also Devil entry in **RELIGION**.

Monsters may represent, in hideous form, untamed impulses that fill you with disgust and loathing. By giving these impulses a monstrous rather than a human form, you can evade personal responsibility for them. Many dreamers report feelings of a great weight on their chest and a sense of great evil. Sometimes the dreamer sees a figure who is sexually rapacious. These figures are known as incubi and succubi and they are demons in the form of imps. They were often included in paintings in the medieval period and symbolize the uncontrolled world of dreams and desire. If you are able to kill your dream demon or evil spirit, this may help you resolve your innermost fears in waking life.

DANCING In dreams, dancing and skating usually express a sense of happiness and celebration, or a freedom of movement and emotion. Perhaps you are feeling pleased about a particular project or relationship. You may also be feeling a sense of freedom from restraint or a go with the flow attitude. Other things may also be expressed by dance. For example, if you danced with another person, the intimacy could suggest sexual intercourse. If a man and a woman dance together, it could suggest a union of the masculine and feminine aspects of your personality. If, however, the dance was awkward, this suggests a lack of harmony. Animals dancing can suggest a feeling of harmony with your unconscious drives and sexuality. Skeletons and dark things dancing suggest meeting what you fear in your waking life.

Ballroom Dancing

Who was your partner? If the two of you were dancing together as one, this could suggest your longing to get closer to the person you were dancing with. If you didn’t know the identity of the person with whom you were dancing, it could suggest longing for a relationship or greater intimacy in the relationship you already have.

Disco Dancing

If you were dancing alone, this could be a simple expression of joyful feelings in waking life. If you were dancing with a group of people, this could suggest good team spirit in waking life. A dream about a discotheque is

a sign that the dreamer may be feeling excited but confused about a new relationship or project.

Line Dancing
Were you dancing in line with people you know in a country music scene? If so your unconscious may be reflecting on your tendency to conform or else your habit of stepping out of line or of failing to conform to the behavior your loved ones expect. Were you dancing in line or were you out of step?

Other Kinds of Dancing
Dreams that feature movement could indicate that you need to move on take another route, or speed up your progress in some way. Dancing a jig or waltz can suggest simple, innocent pleasures. Jumping or leaping in a dream can suggest ambition or the desire to improve your status. If you were at an exercise class, perhaps in waking life you should take more exercise?
See also **BALLET**.

DARK/DARKNESS
See **COLOR CONNECTIONS, LANDSCAPES**.

DARK WEB
See **INTERNET**.

DAUGHTER Dreaming about your daughter often relates to how you feel about her. Is she an adventurous creative person? If so, then the dream will usually be depicting your pride in her achievements, or your own feelings of creativity and risk-taking. Is she an anxious or introverted person, and are you worried about her? If so, then the dream is either about your own urges to withdraw, or your feelings of concern for her. If you are a mother dreaming of your daughter, it could represent the support you get from her or any ties you feel to her through being her parent. It may also be referring to your own feelings and difficulties at her age that might be surfacing at the time of your dream. You might even be feeling her as a competitor because of her youth. If you are a father dreaming of your daughter, it usually represents your feelings and your more feminine or receptive side. So problems in the dream could suggest you are having difficulty allowing your

feelings to express themselves in waking life. Your daughter could also depict difficult feelings – more often not self-recrimination – you have about mistakes you have made in your relationship with her mother. When your daughter starts dating, dreaming of her might also point out the struggle you have to let go. Dreams about someone else's daughter often indicate the nature of your feelings about your own daughter.
See **FAMILY**.

DAY
See **TIME OF DAY**.

DEAD END If you come to a dead end in your dream, your unconscious is telling you there is no way of escaping your fears, even though you feel that it is vital for you to flee. The same interpretation applies a number of similar dreams; whether you are caught in quicksand, forced to carry an impossibly heavy weight, suddenly become paralysed, find yourself rooted to the spot and powerless to do anything, or find that your feet have become heavy or stuck in the mud when trying to flee someone or something. If you have such disturbing dreams it is possible that you are facing some kind of emotional crisis in your life that requires a drastic decision; for example, whether you should leave your partner or not.

If you are being chased, identifying who or what was chasing you or why you need to escape may help you decide what course of action to take in real life. If you don't know who the person chasing you is, this may stand for certain unpalatable aspects of your personality which have been repressed but which are now forcing you to deal with them. Alternatively, your unconscious may be reflecting on your feelings of powerlessness in regard to a difficult situation in your waking life. Do you feel as if you are caught between a rock and a hard place?

DEAD PERSON
See **CORPSE**.

DEATH Death is the final change we all must face and also the most mysterious and frightening, so it is small wonder that anxieties concerning it are pushed to the back of your conscious mind during waking hours. You

cannot banish them completely though and when your unconscious forces you to experience dreams of death and dying, it does so for a purpose. For example, if you know someone who is ill or mature in years, your unconscious may be preparing you for the actual event. If you dream of a deceased loved one, this may be to comfort or enlighten you. Dreams of your own death, or the death or execution of loved ones are extremely frightening but also extremely common. Such dreams rarely signify death. Sad or traumatic losses in dreams typically signify change, a fresh start, and new beginnings. A dream in which you attended your own funeral or the funeral of someone else, or walked through a cemetery or crematorium, does not mean that you or someone you know will die soon; your dreaming mind is simply preparing you for change.

So if you have dreams about death, try to think about which change or changes in waking life might have triggered them. Death signifies the end of one phase but also rebirth and the beginning of another; these types of dream typically occur at major turning points in your life, such as leaving home or getting married. Another interpretation suggests that these dreams are exploring your feelings about death and dying, or else they mirror waking feelings of oppression and depression. Try not to be frightened when you have dreams of death, for, as Jung put it, ‘when it is a dream of death, the dream speaks another language’.

DEATH SENTENCE A dream in which you received a death sentence or were being led to your execution or are requesting euthanasia is a rather dramatic way of symbolizing the need to change a certain aspect of your life as soon as possible. If you dreamed that you were waiting for your execution, perhaps even standing on a platform with a blindfold on, this suggests feelings of guilt in waking life or the refusal to acknowledge some feeling or action. Your dreaming mind is urging you to make amends, or express or even confess to something before it is too late. Also ask yourself whether you feel you are dead meat or a dead man walking in waking life, whether you are in danger of losing your head or are waiting for the ax to fall. If, however, you were the executioner in the dream, who or what do you need to put to death or put an end to in waking life? If the person you needed to kill was unknown to you, is there an unpleasant task or duty that you must execute in waking life?

If you dreamed of someone being sacrificed, perhaps even yourself, the

message may be that the well-being of your family, loved ones or community needs to take precedence right now over your own hopes and desires. If the impending martyrdom upset or angered you in your dream, your waking mind was probably mirroring your feelings of resentment in waking life at having to make a sacrifice. Try to see who was wielding the sacrifice in your dream. If it is someone you know, are they making demands on you and are these demands reasonable?

DEATH, VIOLENT If you watch a murder, this refers to aspects of yourself that have been denied expression. If you are running from a murder in your dream, it depicts something you feel threatened by in waking life. If you are the murderer, this may express intense emotional hurt toward someone, typically parents; the murder itself will be a symbol of the killing of the emotional bond or a warning that you are on an emotional 'knife's edge'. Dreams in which you kill someone may also point toward an internal conflict, especially if you harbor no ill-will toward your dream victim in real life, or indeed if they were a stranger or an animal. If someone provoked you into killing them in your dream, this may tell you what it is about yourself that you need to kill off. Animals symbolize aspects of your instinctual nature in dreams, so if you killed a cat, dog, or any other animal in your dream, ask yourself what that animal represents within you. If someone is trying to kill you in your dream, your unconscious may be alerting you not to a physical threat but to a real emotional or professional threat that someone poses to you. If you were unable to identify the dream killer, your unconscious may have been suggesting to you that you are being victimized in waking life by a person, a group, or an organization.

Dreams in which you are choking or strangled suggest conflict or indecision, as when you choke on your words. They can also suggest repressed emotions, or emotions or memories struggling to be recognized. Because it is associated with the element of water, drowning indicates a sense of being overwhelmed by difficult emotions or problems. If the symbol of the guillotine appears in your dream, you may be afraid of losing self-control or of losing contact with a part of yourself or someone you value. The guillotine also represents severance of some kind, so what is it that you need to cut out of your life? If someone is poisoned in your dream, this refers to attitudes, thoughts, and behavior patterns that are not good for you. If you commit suicide in dreams, it may depict a sense of hopelessness; perhaps you have

been working too hard lately and haven't been taking care of your health. Or do you feel a desire to retreat from life's problems or suffer from feelings of failure? It may also be a sign of repressed anger concerning relationships or business. If someone else is committing suicide in your dream, this could be a sign that you want them out of your life.

DEATH, YOUR OWN Dreams in which you appear dead or are dying are unlikely to presage your actual death. If you were struck down by a disease in your dream, then your unconscious may have been amplifying fears about your health in waking life. Alternatively, dreams which feature your death could also symbolize your desire to escape the burdens and responsibilities of waking life. Another explanation suggests that your dreaming mind has used your death as a symbol for something that has run its course in your waking life, encouraging you to start afresh with someone new or to make a change. Freud believed that everyone has two contending basic drives; *eros* – the drive toward pleasure and life – and *thanatos* – the drive toward death. If the dead person in your dreams was yourself, you might want to consider what is being expressed in your dream. Perhaps you fear dying and the dream is reminding you of your own mortality. Or are you trying to liberate yourself from something? Do you want to free yourself of emotional burdens and open yourself up to new possibilities?

DEBT In your dreams, debts may represent something you owe to yourself, such as time to relax, but they may also be a symbol of the debt that others owe you. For example, do you feel that you deserve more respect, consideration, or attention from others in waking life? Or perhaps you are in debt to someone or are in danger of becoming emotionally bankrupt or destitute?

A dream in which you were bankrupt or refused admission to something because you did not have enough money is a symbol of frustration in waking life. The lack of money in your dream could indicate people who are interfering in your life, obstacles standing in your way, or your own lack of confidence. Dreams of going bankrupt or becoming a pauper may also refer to the loss of cherished non-financial resources, such as talents, looks, or friends. If such a dream traumatized you, ask yourself what your lost dream riches could symbolize: the love of your friends, your self-respect, or your

energy reserves? Your dream may be urging you to take some kind of action to avert a real-life financial, emotional, physical, or professional decline. If you have a dream in which you leave valuables with a pawnbroker, this represents the sacrifices you are prepared to make in order to achieve your goals. The pawnbroker may also represent someone whom we admire but whose advice or example is questionable; a pawnbroker can also serve as a symbol of low self-esteem.
See also **BANKRUPTCY**, **MONEY**.

DECEPTION If you find yourself lying or cheating in your dream, or overhear someone else doing so, this indicates that you are feeling guilty about not being honest in waking life or that someone is cheating or being dishonest with you. If you have recurring dreams in which cheating or lying feature, your dreaming mind is suggesting that you are living a lie in waking life and that you need to be true to yourself. Dreams of stealing, cheating, forgery, fraud, and blackmail send the same message. If you are an accessory or witness to a crime in your dream but didn't commit it, this suggests your feelings of guilt about colluding with something or ignoring something you knew to be wrong. If, however, a crime or deception was committed against you in your dream, ask yourself whether someone is committing a wrong against you.

DECORATING This can suggest making changes in the way you feel about yourself and your life. It can also represent changes in your appearance or lifestyle.

DEER
See **ANIMALS**.

DEFORMITY A dream in which you find yourself deformed in some way is most likely a self-critical dream; its interpretation will depend upon what body part or body parts are disfigured. If you find yourself deformed in your dream, in what way do you feel disabled or frightening to others in waking life? Or have you been crippled by an emotional situation and been unable to do anything about it? Has someone in waking life hurt you? A dream of someone else's deformity may be symbolic of a deformed part of

yourself, but it might also be showing you some distasteful part of another person's personality of which you were previously unaware. A person with a deformity in your dream may represent the trickster archetype mocking your own pretensions, although for Freud it represented a fear of male impotence, and for Jung it was a symbol of the devouring mother. A limp can be a warning from the unconscious of those dangers of pride and ambition that bring humiliation rather than success upon the dreamer. If you are using crutches in your dream, are you relying on crutches, such as alcohol, nicotine, or controlled drugs, in waking life?

Very often dreams of paralysis and numbness may be induced by the dreamer's arm or leg going to sleep as the result of a trapped nerve. If this is not the case, dreams of being unable to move (as if rooted to the spot) may be equating paralysis with frigidity; in waking life, the dreamer might suffer from fears of sexual intimacy. Your dream may also be referring to an area of your life in which things have stagnated or not progressed as they should have. This will usually be an emotional paralysis or a feeling of helplessness in a particular situation in your life. For example, you may be caught between a spouse and a lover, or between two possible courses of action. Dismemberment of your body in a dream suggests feelings of powerlessness in waking life. Is some situation tearing you apart or do you need to take your feelings apart?

DENTIST

See **WORK**.

DEPARTURE Dreams of beginning or setting out on a journey suggest that you are beginning a quest for meaning, while dream arrivals often hint that you have achieved your goal or are envisaging yourself doing so. If passports appear in your dream, they are often a symbol of opportunity or of the need to escape present frustrations; your dreaming mind is urging you to go ahead with a project in waking life. If check-in staff refused your passport or you do not make it across the border, do you feel that your ambitions are being frustrated by an authority figure, or do you need to update an important part of your life before you can move on?

DESERT A desert may reflect feelings of isolation, being in a place that

has no interest for you or a desire to get away and have some time to yourself. Or it could be hinting at things you have deserted or left behind. Although we think of deserts as barren places, they are in fact teeming with underground life, so is your life a bit like a desert – desolate on the surface but rich underneath? Your waking feelings about the desert will be significant here; that which is a terrible ordeal for one person may symbolize romance and escapism for another. Likewise, a desert island may have romantic associations for some people, while for others it can mean isolation, an intense desire for privacy, or a cry for solitude to end in waking life. A dream of being alone in a desert may signify emotional isolation or being surrounded by a sea of emotions, and dreams of being with someone in the desert can indicate that this particular relationship is coming to an end. Such dreams can also suggest the need – if you are to survive – to consider very carefully a course of action you are about to take. Bear in mind, too, that the desert's vast expanse and rich underground life may represent an invitation to seek out the mysteries of life beneath the surface.

DESSERT

See **FOOD**.

DETECTIVE

See **WORK**.

DEVIL/DEMON

See **DAMNATION**.

DIAMOND

See **GEMSTONES**.

DIAPER

See **PACIFIER**.

DIARY

See **CALENDAR**.

DICE The ultimate symbols of chance, dream dice clearly suggest that you feel that chance rather than your personal abilities will determine the outcome in your life. Dreams of dice may also suggest doubts about the fairness or uniformity of life and concerns as to whether the universe is subject to anything other than the forces of chance. To be playing with dice in your dream suggests that you are taking chances in your life. If someone else is rolling the dice, then you are leaving your fate in the hands of others, and running your life according to their rules and not your own. An 18th-century American almanac declared dice to be made from 'dead men's bones' and to roll dice and win foretold losses far greater than you could afford to bear. To lose at dice, however, points to profitable opportunities developing in the near future.

DIETING

See **FOOD**.

DIGGING Just as the physical earth is made up of past events – the trees and leaves, the plants, and creatures that have lived and crumbled into the dust of the soil – so the earth of your dream represents the past on which your present depends and your future is built. Therefore, digging into it will tend to uncover things – most often feelings – you have buried there from your past. The earth is also your mother. It represents the soil, the genetic material, and the background from which you have sprung. It is the womb of the past from which you are born. In other words, it is both the physical material from which things grow as well as the overall environment in which something new can grow.

So if you are digging in your dream, is there something you need to learn about your past? Or is there something you want to find out, a vital piece of information that will complete the picture? If you are uncovering an object or old bones, then you are probably becoming conscious of long buried memories and feelings from your past. If you are trying to bury something, what are you trying to cover up or hide in waking life? Bear in mind the

expressions associated with digging, too. Is someone having a dig at you in waking life? Did your dream reflect your entrenched, firmly held opinions? Or was your unconscious urging you to adopt a more down-to-earth approach? If you are a gardener, you will know that although the earth is the giver of sustenance, security, and new life, each life cycle also has an end, so when earth figures in a dream, it may also indicate the end of a phase in life and the beginning of a new one.

A dream about digging, watering, or feeding the earth may therefore suggest your desire to begin a new phase. It could also depict your fear of unpalatable hidden truths being exposed in waking life. Anything growing from the earth in your dream shows something that has developed from the possibilities of your life, and who you are. If your dream depicted you planting a seed, try to make a connection with your waking life. The dream seeds may refer to the planting of an intellectual or creative concept that has the potential to grow if placed in fertile ground and cared for. Then again, planting dreams may refer to your thoughts about starting a family. A dream of healthy crops may suggest that your waking ventures or family are flourishing. If what you are taking from the earth is vegetables or things to eat, these are the fruits of your past efforts, and suggest benefits arising in your life. If, however, the earth in your dream is barren and nothing is growing, this could indicate that you are emotionally and physically exhausted by the demands of waking life.

DINING OUT Eating out in restaurants is often part of a couple's courting rituals, so dream meals that are cozy and enjoyable reflect good social relationships, and, if you were enjoying an intimate meal for two, your desire for an intimate relationship. If the person you were dining with is someone you know, this suggests your desire to get closer to them, sexually, emotionally, or intellectually. Further clues are hidden in the dream scenario. What kind of food were you eating? If you were eating oysters and sucking fruit, this may denote a desire for a sexual relationship but if you felt your tongue tingle in your mouth, this may suggest a need for verbal or intellectual stimulation.

Your dream dining experience will reveal not only the quality of your physical diet, but also the kinds of beliefs, behavior, and attitudes with which you fill your life. What kind of restaurant are you in? Is it humble, exotic, shabby, or expensive? Have you chosen to eat in a down-to-earth cafeteria or

café? Or have you decided to eat on the go and grab some take-out because you are in a hurry? What is the service like in the restaurant and is the quality of the food good? All this will speak volumes about the way you live your life at the current time.

Being turned away from a restaurant suggests frustration and disappointment, as well as a sense of social isolation. To dream that someone clears away the food before you have finished eating indicates problems and issues concerning those who may be dependent upon you in some way. If you see yourself in the role of a waiter or waitress, the quality of service you provide may express concern about the way you relate to people outside your family circle; you may have a tendency, for example, of being overfamiliar, efficient, clumsy, or polite. If you see yourself in the role of restaurant critic, this will usually symbolize yourself criticizing the quality of what you fill your life with. To dream of studying the menu could indicate various options in waking life. Were you confused or decisive in your dream menu choice, as this may refer to your waking attitude to a decision you need to make?

DINOSAUR

See **ANIMALS**.

DIRECTION According to Jung, traveling toward the west and following the setting sun may suggest the approach of old age or even death, whereas journeying east suggests rejuvenation. The direction in your dream will send a clear message about your sense of purpose in life. If the path is straight, then you are following a direct and unproblematic route to your objective. If it is twisted, then your course is slow and frustrating; if you were going round in circles, you feel as if you are going nowhere. If you are going backwards, you may feel as if your position has worsened or that you are backing off from a commitment.

If you encounter a road block, your dreaming mind may have placed it in your path to represent the obstacle that is stopping you from moving forward in life. If you turn off the beaten track, this suggests you are being sidetracked or diverted from your waking goal. If you turn a corner, this suggests progress. Were you going uphill in your dream or downhill? The former suggests forces that are working against you; the latter, forces that are working for you in waking life. If you got lost in your dream, this is a

metaphor for losing your sense of purpose in life. If you consulted a map, compass, or atlas in your dream, this indicates options open to you. If the compass needle suggested heading north, your dreaming mind may be urging you to take an intellectual route but the reference may also be to winter and old age. If the compass pointed you south, your unconscious may be urging you to take a more relaxed approach; if the direction was east, this suggests spiritual renewal, while west suggests the need to conserve your energy. Finally, bear in mind that a right-hand or upward direction suggests a rational approach, while a left-hand or downward direction suggests an intuitive approach. In all such instances, try to link the circumstance of your dream with your situation in real life.

DIRT/DIRTY These images refer to something distasteful in your waking life. Bear in mind, though, that such a dream may not be completely negative, as we use manure or fertilizer to encourage growth. The allusion may therefore refer to some action that is disagreeable but will yield results.

DISASTER When nature pushes the elements to the extreme, the result is often explosive. Volcanoes and lightning create fire, an unstable earth unleashes quakes and avalanches, water creates floods and drought, and air stirs hurricanes and typhoons into furious motion. Man-made disasters also create explosive and devastating results. People's lives are tragically ended or irreparably damaged in seconds, panic and fear take over, and the best and worst of human nature is exposed. It is small wonder, then, that the unconscious often employs the symbols of catastrophe and disaster to provide striking and memorable dream images or messages.

Dreams of disaster, such as those involving earthquakes and plane crashes, can be extremely detailed, intense, colorful, and vivid. You may wake up terrified and concerned for your safety, or for the safety of loved ones. To dream of any kind of disaster is always unsettling, but it is important to point out that such dreams are rarely prophetic or precognitive; it is much more likely that they are an expression of your hidden fears or anxieties concerning events you feel are beyond your control. A disaster dream may be expressing anxiety about what the future will bring, or highlighting the fact that you are trying to do too many things, or trying to please too many people, at the expense of your own peace of mind. On the other hand, disaster

dreams can also reveal great inner change and growth, but this change and growth may make you feel temporarily uncertain of yourself, your direction in life, and your position in the world.

Group disaster dreams can be particularly frightening and they may even recur, making it easier to assume that they might be warnings of actual events. Although there are rare exceptions, it is important to point out that vehicles and locations crowded with people who experience disaster are usually symbolic, reflecting our experience with a social influence or a real-life group. For example, if you dream of being in a bus crash that leaves you dazed and miles from home, you may be feeling increasingly disillusioned and detached from the goals of your place of work; your hopes of achieving satisfaction in that area of your life may in fact be already wrecked. Your dreaming mind may be telling you that you have gone as far as you can with that group of people, or course of action, and it is time to change your approach or lifestyle.

In some instances, dreams about disaster that involve surroundings or people you know may be a simple warning. For example, you may have forgotten that your car is due for a service, but your unconscious remembers and tries to draw your attention to this oversight in a dream in which you are driving your car and the brakes suddenly fail. If you have lived through a natural or man-made disaster, your dream may also be recalling the horrific events in an attempt to help you come to terms with the trauma. According to Gestalt therapists, dreams that repeat a disturbing event or focus on disaster scenarios following an experience of physical or emotional trauma are reminding the dreamer that there is an emotional scar that needs attention and healing.

Finally, when trying to interpret any dream that involved a natural disaster, remember that if you live in an area that is prone to them your dream may simply be reflecting your anxiety about being caught up in such a catastrophe. The same applies to man-made disasters, such as terrorist attacks or train crashes. Your dream may be triggered by the climate of fear, and intense media coverage and speculation that now surround these tragic events.

See also **ACCIDENTS**, **MAN-MADE DISASTERS**.

DISC Along with CDs, cassettes, and records, computer discs can simply reflect the pleasure you feel when you listen to music but can also suggest the

impressions that are left on you by others; in other words, memories that you have. Alternatively, this symbol can indicate the kind of impression we would like to leave on others or the mark we want to leave on the world when we are gone.

DISEASE Some people believe that dreams can sometimes spot illness before your waking self is aware of its symptoms, so if a dream of disease persists or you can't shake the memory of it, get your health checked by a doctor. On the other hand, the dream may be focusing on anxieties and inner conflicts with which you need to deal so that you can move forward with your life and find emotional harmony. Dreams that feature disease as a theme may refer to some discomfort or uncertainty in your waking life. Perhaps someone in particular is making life difficult for you?

If you have leprosy in a dream, do you feel like a social outcast? If another person is unwell in your dream and you recognize them, you may either harbor negative feelings toward that particular person or fear for their emotional health. Memories of childhood illnesses, such as chicken pox or measles, may express a simple longing for the unconditional love of a parent. For Jungians, dreams of fainting may be prompted by a sudden insight into the essential nature of a personal ambition, while for Freud these are wish-fulfillment dreams relating to orgasm.

According to ancient predictive dreamlore, your interpretation of dreams concerning your health should reverse the state of health pictured in the dream. Dreams of poor health, therefore, predict a period of good health, while dreams of disease suggest a period of good health.

DISGUISE Dreams of yourself or other people in disguise can often suggest change. The wearing of a mask relates to the appearance you present to others (as well as to yourself), and sometimes it is hard to remove the mask, perhaps because you are being forced to wear the mask by others. This may be a warning that you risk losing all sense of self. Notice who was disguised in the dream and what they were disguised as. If they were disguised as something sinister, perhaps this suggests fears in your everyday life. If they were disguised as something light-hearted, perhaps this is an element of wish-fulfillment, reflecting a desire to drop pretences and replace them with more fun and spontaneity in your life.

DITCH
See **COUNTRYSIDE**.

DIVING/DIVER
See **SWIMMING, UNDERWATER**.

DIVORCE
See **RELATIONSHIPS**.

DOCTOR Many people feel anxious about visiting a doctor or a dentist, so when these symbols emerge in your dreams they may be urging you to overcome your fears and bravely face what is coming to you. As is the case with many dreams that feature health and sickness, they may be signaling the onset of illness so it might be worth your while to have a dental or medical check-up. As archetypal authority figures, if dentists, doctors, surgeons, and nurses offer you advice in your dreams, it might be wise to listen to it. Seeing yourself working as a hospital nurse or doctor is perhaps an expression of a desire to take charge of an area of your life in which you feel you do not have much control. To see a nurse or doctor leaving your house suggests good health, but to see yourself being cared for by a doctor or nurse suggests that you are feeling vulnerable and in need of support. If an alternative practitioner or quack doctor appears in your dream, this may suggest that you are employing desperate measures in waking life and are in danger of becoming an obsessive.
See also **WORK**.

DOCUMENTS If formal documents or deeds – such as birth, marriage, or death certificates, wills, and deeds – appear in your dream, this may express an important turning point in your life or your feelings about key events in your life. Burning or destroying these documents indicates closure. Contracts in dreams symbolize a personal or professional commitment in waking life. Tearing up the documents may suggest your desire to be free from an obligation.
See **COMPUTER**.

DOG

See **ANIMALS, PETS**.

DOLL

See **TOYS**.

DOLPHIN Dolphins are actually mammals but many people think of them as being fish. They have incredibly positive associations in both the real and the dream world. They are intelligent, friendly creatures that are reputed to steer sailors to safety when their ships are in trouble. They were also once believed to guide the spirits of the dead to the afterlife, which is why they are a symbol for Christ. So if a dolphin appears in your dream or you are swimming with dolphins, it may indicate fun, friendship, and a sense of optimism. They may also symbolize your sense of connection with others; when dreams of dolphins happen during low points in waking life, dreamers tend to report feeling more positive the next day. Because dolphins are often thought of as spiritually advanced beings, full of love, awareness, inner harmony, and healing energy, if playful dolphins appear in your dreams, perhaps you need to adopt a non-resistant stance to life and learn to go with the flow. If, however, the dream dolphin is injured or in danger in your dream or the dolphin is attacked by a shark, this implies that some important connection is being threatened in waking life. Two dolphins facing in opposite directions in your dream can represent the duality of your nature, suggesting that you may need to accept that you are not one dimensional and that negative aspects of your character contribute to your wholeness as a human being.

See also **ANIMALS**.

DONKEY

See **ANIMALS**.

DOOR In dream lore, to pass through a door and enter a house is a decisive and symbolic action as the door represents the passage from one state of being to another. Freud and Jung agreed that the house signified the self and the body, but disagreed about the doors of a house. For Freud, doors are dream images representing the body's orifices, while for Jung, doors express the dreamer's relationship to their conscious and unconscious world. According to Jungians, a door opening outwards suggests a need to open up to others, whereas a door opening inwards suggests the need for greater reflection or a desire to explore the inner self.

In general, most dream analysts believe that entering through a door signifies new opportunities that will be presented to you. Doors and doorways represent an opportunity for either positive or negative change. You may be entering into a new stage in your life, moving from one level of consciousness to another. If your dreaming mind portrayed you as stepping through a door, it signals your willingness to embrace change and the unknown, while letting someone in through the door indicates your willingness to interact with them. If you were faced by a confusing number of doors, you may be feeling overwhelmed by choices in life and unsure which opening is right for you. If you simply can't find the door to escape through in your dream, then perhaps you feel unable to express yourself in waking life. To dream of locked doors signifies opportunities that are denied, unavailable to you, or ones on which you have missed out. Also consider who or what you are shutting out of your life if your dream features a door; perhaps as one dream door closes, another will open …

More specifically, a front door usually symbolizes unfamiliar outside circumstances – if a doormat features in your dream as well, you may be allowing others to walk all over you in real life – while a backdoor stands for the more familiar traffic of people we already know. Unwanted changes in your life are often depicted in dreams as intruders or strangers at the door, and if you are beginning a new relationship and themes of burglary or home invasion appear in your dreams, this does not necessarily mean your partner is dangerous; the dream may be providing an early warning of undercurrents in your relationship that are not nourishing to you. In some instances, the dark stranger at the door represents an aspect of yourself that is self-critical and self-destructive.

Another dream featuring doors is that of being locked out or being unable to enter your home because you have lost your key. This image reflects a

situation in which you are being prevented from accessing your talent, drive, and energy. You have been locked out from the best part of yourself but the situation can be easily corrected by remembering your key next time, or finding another way in. In most cases, the key indicates willingness to change and to experiment with alternatives. Keyholes in dreams allow you to view that which is otherwise concealed; if this image appears in your dream, ask yourself whether your privacy is being invaded in some way or whether you are prying into affairs that are no concern of yours. A rusty key may indicate talents that are being neglected. Freud viewed the key as a phallus and saw potent sexual symbolism in the trio of key, door, and the door's subsequent opening. Finally, to dream that you hear or ring a door bell foretells of unexpected news.

DOVE

See **BIRDS**.

DRAGON Fierce and fire breathing the dragon is a potent animal of dream lore that is neither good nor evil, neither male nor female, neither light nor dark but a symbol of the primal energy that upholds the world. The dragon embodies the union of opposites and the four elemental energies of fire in its breath, air as it uses its wings, water because of its serpent scales, and earth as it dwells in caverns. In Chinese belief the dragon is one of the creatures of the Chinese Zodiac, the year of the dragon being said to bestow energy, enthusiasm, and charisma. By contrast Christianity brands the dragon the embodiment of Satan, an evil creature who must be slain by the saintly hero, while Jungian theory suggests it may be a form taken by the terrible mother archetype (a personification we echo in waking life when we call a fierce woman a dragon) who must be rendered powerless before freedom can be attained. So if you share the Chinese view of the dragon your unconscious may have been trying to instill optimism by summoning it into your dream. If you are influenced by the Western view of dragons your dreaming mind may

have been trying to alert you to a hostile person or presence in your waking life. Dragons were also said to be guardians of treasure so your unconscious could have highlighted a desire to undergo a dynamic process of inner renewal. The fire breathing dragon in your dream may in fact be a symbol of great inner strength and vision that the dreamer can draw upon to overcome doubt. It also urges you to come to terms with and deal with your own passions and chaotic beliefs and the only way to do that may be through your dreams.

DRAGONFLY

See INSECTS AND ARACHNIDS.

DRAWING This could simply mean that you have latent artistic talents that should be given expression. But it can have other meanings. Are you overdrawn at the bank? Are you drawing on inner resources? What you draw is very significant, as it can reveal the issues and problems you are trying to resolve in waking life. An ancient tradition says that if a woman dreams she is drawing with a pencil and then rubs it out, her lover will be unfaithful.

DRESS

See CLOTHES.

DRIFT If you are drifting through the air in your dream this may signal a lack of direction in your waking life and if you are drifting toward dark clouds, could this be a warning that you are about to hit a potentially dangerous situation? If you were afraid of plunging to earth, your unconscious may be reflecting your fear of losing contol in your waking life.

DRINK If you are drinking in your dream, this connects with feelings of thirsting or longing. It suggests that you will find a satisfaction of your longings, either emotionally, physically, or spiritually. It can also denote absorbing something, taking nourishment, and, by so doing, it points to a

change in some way. If you are thirsty in your dream, it may be that you are thirsty as you sleep; if this doesn't apply, a dream thirst suggests that you may be feeling emotionally parched in waking life, as water is a symbol of the emotions. Generally, if you are drinking something sweet, this may suggest a longing for more affection in waking life, while dreaming of a stronger drink may suggest a need for more energy or a stronger approach to a problem.

DRIVING
See **CAR**.

DRIVING TEST There may be some kind of test of your confidence and ability in your waking life.

DROUGHT
See **FAMINE**.

DROWNING This suggests that your emotions are overwhelming and engulfing you.
See also **SWIMMING**.

DRUGS Along with alcohol and cigarette smoke, dreams about drugs represent emotional toxins that render situations poisonous to you.

DRUM The basic rhythm of life needed to stay happy and healthy. The importance of being more in touch with your natural urges. If you are playing the drum, this suggests that you are responsible for the rhythm of your life.

DRUNK
See **BAR**.

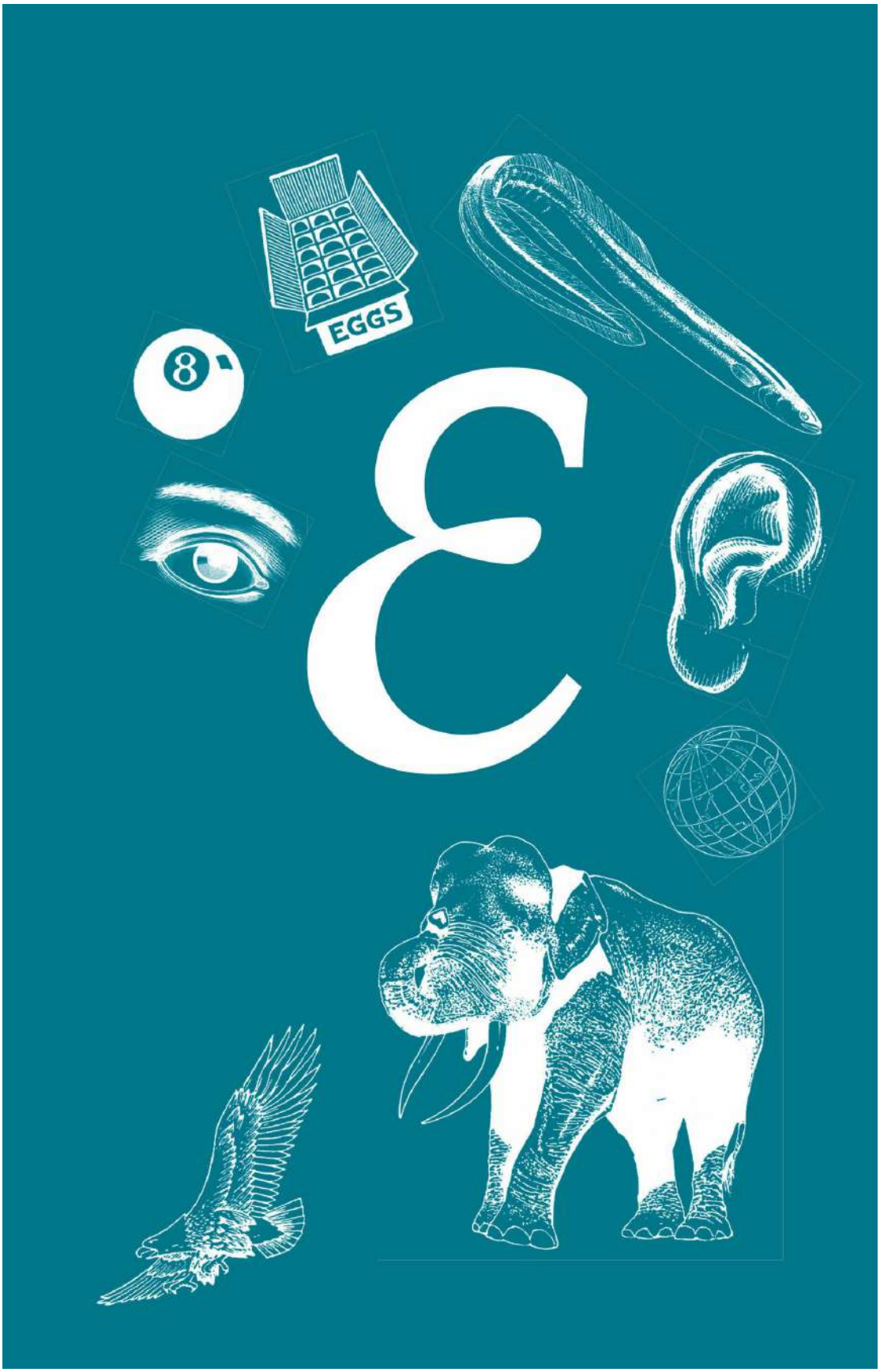
DUCK

See **BIRDS**.

DUNGEON Various types of dungeon, prison, or jail are common dream settings and they appear at times when something or someone in your life is restricting your sense of freedom. If you have such a dream, your dreaming mind is urging you to consider whether your loss of freedom is self-enforced; it is urging you to be honest with yourself about the causes and cost of being imprisoned. Such dreams may also symbolize a deep-rooted feeling that you are not able to fully express yourself. When someone else is seen in prison, this refers to a part of yourself that you are unable to reveal to others and even to yourself. When someone is released from prison in your dream, it signifies changes that may have taken place within your life. It is also a sign that you will overcome obstacles that may be holding you back at the moment.

DUST Dust is a symbol of the earth and if you are gathering dust on your clothes, shoes, or in your hands as you walk you may be thinking about getting older or the mark you want to leave on the world.

DWARF A part of your personality that is underdeveloped or a talent you have not nurtured or expressed.


EGGS
8
&

EAGLE
See **BIRDS**.

EAR
See **BODY**.

EARRINGS
See **JEWELRY**.

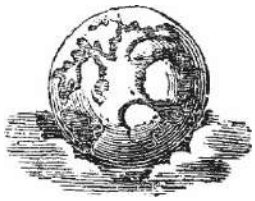
EARPHONES
See **HEADPHONES**.

EARTH The earth has ancient associations with the human body and personality. According to astrological theory, people born under the earth signs of Taurus, Capricorn, and Virgo are thought to have predominantly 'earthy' characteristics, such as emotional solidity, materialism, practicality, and patience. Jungian analysts regard the earth as a symbol for sensation. In dreams, earth often represents the things you take for granted – yet rely on – in life, such as your body, the processes of life, and your family or cultural background. Earth also represents the past, the fallen leaves of your experience from which soil, new structures of self, are built.

Dreams associated with the earth, therefore, such as lying on the ground, may show that you need to be more grounded, practical and realistic in waking life. You may need to concentrate on worldly matters rather than flights of fantasy. To dream of the planet earth may be a symbol of your true self. If you were gardening in your dream, creativity is probably indicated; the dream may be referring to your psychological growth and increasing emotional or financial security.

To see earth in space in your dream suggests that you may be feeling

emotionally insecure or lost in some sense. Dreams of leaving the earth may indicate a fear of death. Alternatively dreams of the Earth may have implied that you need to be more realistic and come down to earth. It may also have mirrored your belief that a current situation in your life is wonderful or 'out of this world'.



EARTHQUAKE Dreams about earthquakes, in which the ground cracks open beneath your feet and your surroundings crash around you, can be seen as attempts to prepare you for big changes in your waking life. This is because earth symbolically represents the stability and security of your personality, and dream earthquakes signal that your emotional foundation is being – or is about to be – shaken to the core, bringing the structure of your waking world crashing down around you. Try to make a connection between your dream and your waking life. Are there signs that you might lose your job or that your relationship is in trouble? Such events would shake the foundations of your life, but remember that when the rubble has been cleared away, reconstruction can begin. You may find that rebuilding your life makes you a stronger person because you can build on the ruins of your past by learning from your mistakes.

EATING

See **FOOD**.

ECHOES If you heard echoes in your dream or repeated words, can you recognize the voice and can you recall the words? If the voice belongs to a figure from the past, dead or alive, the echo may be trying to remind or warn you of something about which you may have forgotten. If the voice was yours and you are repeating the words of someone else, your dreaming mind may be urging you not to imitate or parrot someone else. Consider if your dream was evoking memories from the past or whether it suggests that you

are stuck in a routine from which you need to break free in order to express your creativity.

ECZEMA

See **BLISTER**.

EGG

See **FOOD**.

ELASTIC This symbol suggests the ability to adapt to or rebound from a tough situation in your waking life.

ELEPHANT

See **ANIMALS**.

ELEVATOR Dreams about elevators tend to occur when you feel anxious about making an emotional connection or when you feel you are losing touch with someone. Elevators often appear in dreams suffering from some kind of bizarre malfunction. You push a button and go sideways or fly hurtling upward through the roof, or the elevator crashes, and so on. As with all symbols of movement, elevators tend to reflect your progress with a current situation or problem in waking life; if the elevator malfunctions, you are not getting what you bargained for or may be contributing unwittingly to a pattern that is no longer in your best interests. The flipside to such dreams is a dream in which smooth operation is the order of the day. This type of dream usually occurs when you feel there is an improvement in an emotional connection.

EMAIL Although dreams in which you write and send an email can have a

similar interpretation to those when you write and send a letter, the important difference here is urgency. Sending an email may suggest that you need to make a fast decision in waking life. Deleting an email indicates that you need to think things through more carefully. Hitting the delete button may suggest that you want to remove an uncomfortable person or situation from your life. If an email, fax, or text message appears in your dream this may be a message from your dreaming mind to attend to some communication as soon as possible. Such dreams represent your desire to move on speedily with a current project. Alternatively electronic communication or texts can also express your desire to go on the record and publicly state your intentions. As always pay attention to the content of your message.
See also **COMPUTER**, **TEXTING**.

EMBARRASSED To dream that you are embarrassed signifies hidden weaknesses and fears that you are not acknowledging in your waking life. You may feel that your self-confidence has been undermined. Such a dream also suggests insecurities about your sexuality. To dream that you are emotionless suggests that you are closing yourself off from those around you. You may be neglecting your own feelings and should start paying more attention to them. If you dream of tearful farewells, partings, or frantic escapes you may be feeling relief, sadness, or a mixture of both about leaving something or someone behind in your waking life. Perhaps you have left your job, ended a relationship or moved out of your parent's house. The dream is referring to a phase of your life that is over. If you escaped from someone or something in your dream, try to identify what you were escaping from. If the escape was successful, this may suggest that you have resolved emotional problems and made progress.

EMERALD
See **GEMSTONES**.

EMIGRATION A change of direction in life or the need to change your habits or ideas.

EMOJI
See **TEXTING**.

EMPTY A dream symbol that suggests loss of motivation, pleasure, and enthusiasm in your waking life and, depending on your circumstances, loneliness, and feelings of isolation. On the other hand, it can also suggest potential and opportunity and the chance to start afresh.

END OF THE WORLD Although you could interpret your dreams literally, a much more likely interpretation is a symbolic one. In this respect, dreams about nuclear war, the earth exploding, stars and planets falling from the sky, or the superpowers declaring war on each other would be a symbol for the 'end of the world' as you know it – in other words, some kind of personal upheaval that would completely change your life. Among such events, one should consider: the divorce of your parents, having to move house, ending your time at one school and going to another, having your best friend move away, and so on. Whatever has changed in your life has rocked your sense of things and your peace of mind on a global level. Therefore, rest assured, the dream is probably not about the end of the world, but is instead about a big change in your world. Whatever and however your life has been up until now, it has changed and it will never be the same again; the positive message that you take from such a dream is that you will emerge from this destruction into a fresh, new phase.

Feeling dramatically out of control in your personal life can trigger apocalypse dreams. These may be caused by hormones in adolescence, the menopause or andropause, the death of a loved one (especially a parent), or divorce and other significant relationship losses. The dream visions of the world ending are an escape mechanism to avoid dealing with a world so dramatically changed by new circumstances. In some cases, world-ending dreams feature the dreamer alone among generally unrecognized figures, reflecting the dreamer's sense of isolation in waking life. When interpreting this type of dream, you should ask yourself, 'How is the world ending and who is to blame?' This dream may be calling for you to protect yourself against a risk that takes you well outside your comfort zone, to become more involved in a particular cause, or to think again about the rationale of your fears.

If you are religious in waking life, you may have a dream in which significant icons of your faith initiate, or withstand, the massive destruction. Another scenario is that adherents to your religious or belief system are

identified in a particular way and thereby survive the destruction. In these dreams, the world is often reordered. Often, these dreams will accompany a time in the dreamer's life when they feel that the entire world is against them, and it is only their association with something larger than themselves that can provide a resolution to the struggles being faced.

ENGAGEMENT

See **RELATIONSHIPS**.

ENGAGEMENT RING

See **JEWELRY**.

ENGINEER

See **WORK**.

ENVELOPE According to Freud, an envelope is a symbol of female sexuality and putting a letter into an envelope represents sexual intercourse. If the envelope is left unopened, this may represent virginity or sexual repression. Leaving a letter unopened in an envelope may also suggest that you are not taking advantage of an opportunity in real life. In dreams, as in real life, envelopes are symbols of mystery and we can never be really sure of what they contain until we open them. If you are awaiting news about something or someone and dream of holding an envelope in your hand, your dream is probably just reflecting your anticipation. If you open the letter and discovered either positive or negative news, don't read too much into it; your unconscious was probably just mirroring your fears or fulfilling your deepest wishes. In other words, your dream may come true in waking life but it also may not.

If you had a dream in which you received an envelope and recognized the handwriting of an old friend, this may reflect your desire to see them again. If you are struggling financially and dreamed of shoving envelopes into the dustbin, this message from your unconscious is a warning that if you continue to ignore your financial situation, your unconscious will continue to send you such dreams until you deal with the problem in real life.

ESCAPE If you wake up before being caught, eaten, or beaten, you need to

ask yourself what you need to wake up to. What are you missing or avoiding in waking life? Things won't get better until you face up to them? Dreams about breaking free from jail, cages, ropes, or shackles may point to a desire for release from a situation, such as a job that is causing stress. The elation surrounding dreams of leaving jail may suggest feelings about a new opportunity in our life. However, if no joy accompanies the liberation, this could suggest anxiety about the challenges that lie ahead. Breaking out of jail on the other hand testifies to a determination to create your own chances and give free rein to talents that have too long been repressed. Alternatively, if you have been depressed recently, break-out dreams could suggest the need to seek serious help, as the dream may signify a yearning for the ultimate release – death. If, on the other hand, you are rescued in your dreams, or help rescue someone, this can express the need to liberate creative energies or some aspect of yourself that isn't being developed in waking life.

EVENING

See **TIME, TIME OF DAY**.

EVIL PEOPLE History suffers from no shortage of evil figures. Among the most cruel and appalling must be numbered such figures as Genghis Khan, the leader of the pitiless Mongol hordes who swept across Europe from the East. Another is Tomas de Torquemada, whose name is synonymous with the Christian Inquisition's horror, religious bigotry, and cruel fanaticism. Of similar repute is Ivan the Terrible, the grand prince of Moscow and the first to be proclaimed Tsar of Russia. Through cruelty and torture, his reign saw the completion of the construction of a centrally administered Russian state and the creation of an empire that included non-Slav states.

Perhaps unequaled in the annals of human depravity is the name of Adolf Hitler; a symbol of insanity, pure evil, and Machiavellian cynicism, if he appears in your dreams it is worth asking what, or whom, is being tarred with one of the blackest names history can produce. If you dream of Adolf Eichmann, a man responsible for organizing the shipping of Jews to the extermination camps in Poland in the Second World War and a powerful symbol of a fanatical obedience to an unjust cause, it may be that you are doing something for someone else that deeply troubles your conscience.

Mao Tse-Tung was responsible for the deaths of millions of his

countrymen and his ‘Cultural Revolution’ led to the destruction of much of China’s cultural heritage and the imprisonment of a huge number of Chinese intellectuals, among other social chaos. If he makes an appearance in dreams, it may be a warning against the dangers of personality over substance, and the total disregard for tradition and experience.

The final member of the triumvirate of hugely powerful and hugely evil leaders in the 20th century is Joseph Stalin, who brought about the deaths of more than 20 million of his own people while holding the Soviet Union in an iron grip during the middle part of last century. As with Hitler and Mao, Stalin is a potent symbol of negativity, repression, and cruelty.

EXAMINATION Dreams of examinations or tests of any kind can indicate some form of self-assessment. If you are a student or about to take some kind of test or exam in waking life, dreams in which you are actually sitting the exam are common; in these dreams you typically feel unprepared or unable to answer the questions or perform the required components. Such dreams are simply expressing your fear of failure. If you are not a student or about to take an exam, this type of dream is usually a metaphor for some kind of difficult situation you are facing in your professional life or career. You feel that your performance will be judged by others and the dream reflects your lack of confidence in yourself. This type of fear-of-failure dream can also occur for other types of challenges you may face in waking life, ranging from driving tests and auditions to job interviews and presentations.

More often than not, you will be judged in these dreams by an audience’s reaction; that reaction is often negative. If the audience starts booing or catcalling you in your dream, try to remember who the audience was and what you were humiliated for. Ask yourself whether the condemnation was justified or whether the evaluators or adjudicators in your dream were actually self-critical aspects of yourself. If you stammered in front of your dream audience or adjudicator, this underlines your feelings of uncertainty and lack of self-confidence. Medical tests may be alerting you to the need to watch your health. A driving test may suggest a test of confidence or ability, and a written test an examination of your understanding of a certain situation. Testing something yourself in your dream means that you are trying to establish some kind of standard; alternatively, it might suggest that you are testing your own resolve.

See also **SCHOOL**.

EXCREMENT Elimination in dreams can symbolize release and self-expression. When we urinate or eliminate, we are ridding ourselves of bodily waste and when these actions occur in dreams your unconscious is referring to the removal of emotional waste, such as unhappy memories. So, if you dream of rushing to the bathroom, what are you trying to flush out of your system in the real world? Or do you wish you could purge yourself of destructive, negative emotions such as jealousy or envy? Is there something you need to let go of in your waking life? Did you find it hard to let go in your dream or did everything go smoothly. The answer will help you see how emotionally blocked or constipated you are.

Perhaps you were searching frantically for a bathroom in your dream, but couldn't find one. If this is the case, you need to find the catalyst for emotional release. Dreams about being clogged-up, or about a lack of bathrooms, are not so much about emotional baggage as about a lack of proper outlets for your own creativity and self-expression. They can also suggest that you are the kind of person who takes on the problems of other people, leaving no room for your own. Dreams about frustrating attempts to find a bathroom could also suggest that you have over-committed yourself in waking life, and that there is no opportunity for you to express your own feelings and talents. On the other hand, you may also feel that you have been taken advantage of or dumped on by someone in waking life? Finally, such dreams may also be due simply to a physical need to pee in the night.

Other elimination dreams include going to the bathroom in a strange place, in front of people or in the middle of a conversation. In such dreams, the elimination represents the expression of an opinion or insight unsuitable for public consumption, or not appropriate to the situation. It could also reveal concern that you might have been too impulsive in the way you have expressed yourself, and your dreaming mind is urging you to bear in mind the possible impact of your words. If you can't find a private bathroom in your dream, perhaps you are living or working in a crowded environment and your dreaming mind is compensating for a lack of privacy and personal space in your waking life. If you dream of a bathroom, this may suggest your need to clean up your sexual attitudes or attitude to others and yourself.

If you put anything down a toilet bowl in your dream, take careful note of what it is, as it will symbolize what your dreaming mind considers to be the least important or unpleasant aspect of yourself or your experience. Urine suggests letting go of strained feelings or the release of sexual feelings. Feces

indicate letting go of parts of yourself that you need to let go of. It can also indicate new beginnings, as excrement makes great fertilizer. Evacuation of the bowel usually highlights a need to be free of responsibility, or sometimes the need to be uninhibited. If you are eliminating over someone in your dream, this can indicate a repressed desire to belittle that person or feel superior.

Playing with excrement can represent money, so playing with it in a dream may suggest anxiety about money and fear of responsibility. If the excrement is transformed into an animal, this suggests that the dreamer is coming to terms with the fact that they are responsible for managing their own instincts. If you are vomiting in your dream, this indicates a discharging of unpleasant feelings, or experiencing something unpleasant. Finally, if you realize you are sweating in a dream, you are alerted to the amount of energy you may be expending handling your own emotions and fears in waking life.

EXECUTION

See GUILT.

EXERCISING If you dream of exercising perhaps you are being urged to get fit in real life or perhaps you are over-exercising and need to slow down. If you dream of exercising with weights your unconscious mind may be urging you to exercise your common sense in a particular situation.

EXIT This symbol indicates a need to find a way out of a situation in your waking life.

EXPLOSION If explosions feature in your dreams, they may be symbols of your feelings of anger and hostility in waking life. On the other hand, the image may also be suggesting that you are bottling up your action and now is the time to express yourself before you lose control in your waking life. If you were lighting a fuse that triggered an explosion or taking part in a demolition in your dream, you may want to destroy an aspect of your life. This may refer to a situation you are finding difficult to resolve or negative aspects of your character that you would like to replace with positive qualities. An explosion may also reflect sudden changes in your waking life or the release of emotion. What damage has the explosion inflicted in your

dream? Was anything broken? Did anyone cling to you? And how did you feel? Devastated that everything you have worked for has been destroyed or liberated to be able to start anew?

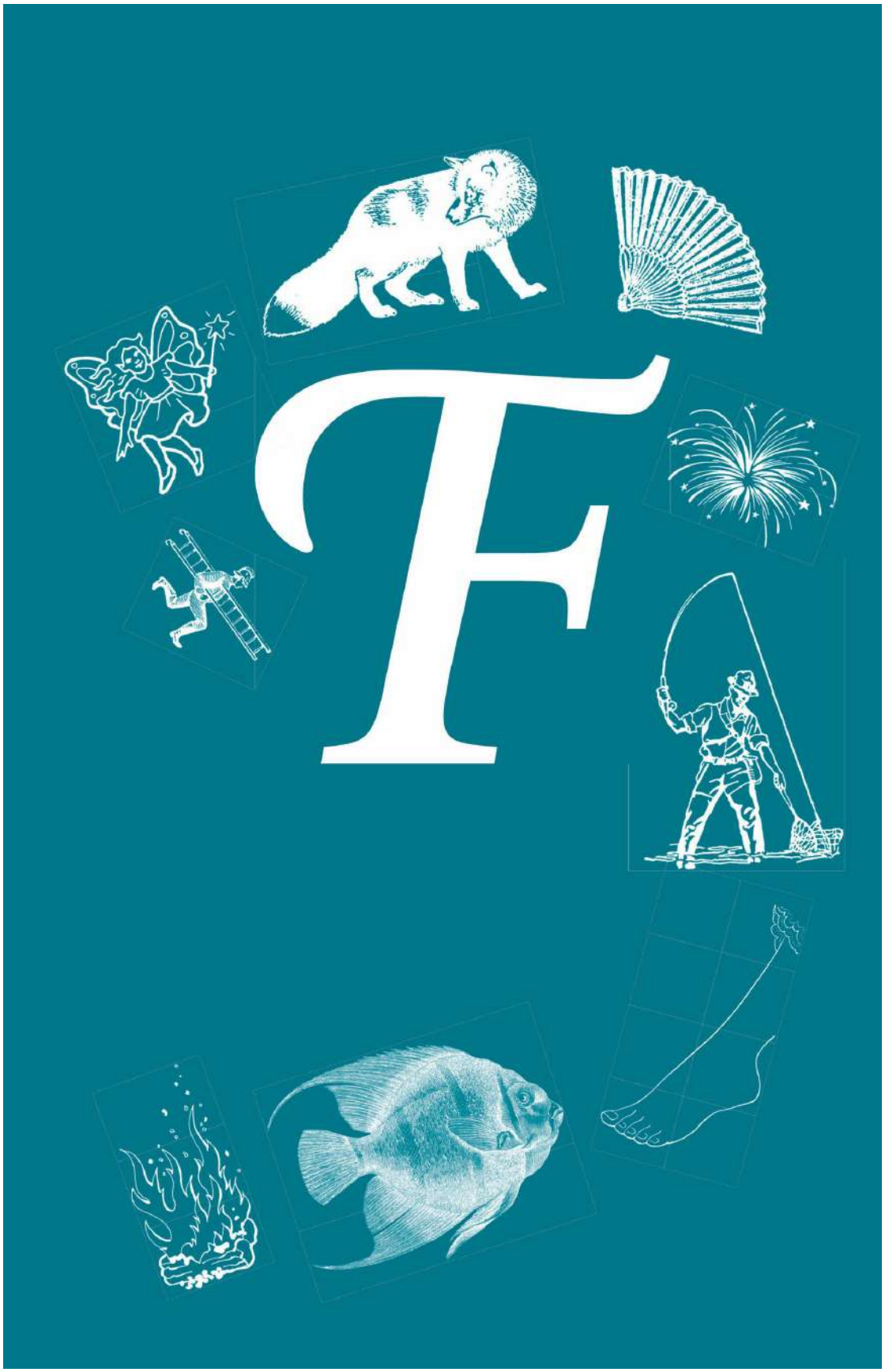
EXPLOSIVES Bullets, cannonballs, bombs, and mines all explode on detonation or impact. If you fired any of these, your dreaming mind is warning you that you are in danger of exploding with frustration or anger. Are you currently on a short emotional fuse and in danger of detonating with burning anger? What was your target in the dream? This may help you understand what triggered your anger. On the other hand, could an explosive situation be building up around you? Again, if your firepower ran out, this could indicate lack of ammunition in a conflict in your waking life; perhaps there just isn't enough reason for you to be involved.

EXPOSURE

See **CLOTHES**.

EYES

See **BODY**.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FABRIC

The texture and feel of your dream clothes can be important. If the fabric is irritating or uncomfortable, this may suggest that a part of your waking life is also uncomfortable; for example, a person, a place, or a job. Leather, silk, and chiffon are all regarded as sensual fabrics because they titillate the senses with their feel and aroma; as a result, they may have sexual connotations in a dream. They are also prized fabrics and their inclusion in dreams may reflect a dual longing in the dreamer to be perceived as a cut above the rest and to enjoy a luxurious life.

Man-made fabrics like nylon, polyester, or plastic in the dream world point out that someone's appearance or persona (maybe your own) is false or limited. These fabrics can also be itchy, so if they cause you problems in your dream world, can you draw a parallel with someone, or something, irritating you in waking life? Or is your itchiness self-inflicted by your choice of clothes when other options are available?

Freudians, of course, see fur as a symbol for pubic hair and dreams in which you are enveloped in soft fur indicate a desire to return to the comfort and security of the womb. If you are wearing ermine, this is a symbol of moral purity and probity – ermine traditionally lines the robes of royalty and judges. Wearing ermine in your dream may therefore suggest a longing for childhood innocence, or delusions of grandeur.

Tartan is, for most people, associated with the kilt and traditional Scottish male dress so when it appears in a dream it may evoke images of robust virility. For Jungians, a woman dreaming of a man wearing a kilt may represent the animus, the masculine aspects of the female psyche, from which the dreamer may draw inspiration and power.

FACE

See **BODY**.

FACEBOOK

See **SOCIAL MEDIA**.

FACETIME

See **TELEPHONE**.

FACTORY A factory in your dreams is likely to refer to conformity with society, a typical reaction to a life that lacks individuality, productivity and work. In some cases, it can also refer to the automatic functions of the body, such as breathing and digestion. A factory on strike may suggest an obstacle to hard work, such as lack of discipline. An endless production line clearly suggests frustration with your career or relationships. A dream of waterworks can suggest associations with water and the womb, turning the dream into a gigantic representation of the mother figure in your life. A dream of being confined in a barracks may be a warning that your life is too restricted, and that you are too much under the influence of someone else. If you dream of a warehouse or other storage place, this suggests memories, past experiences, or aspects of yourself that you have put on hold; for example, career ambitions while you raise a child.

FAILURE Failure themes can occur in dreams about missing trains, muddling words, losing a race or game, or failing an examination. Very often a sense of failure arises in a dream because you have been comparing yourself with someone or something else in some way. It is therefore helpful to consider exactly what comparisons mean or provide. You may also have been feeling some level of competitiveness. Alternatively, failure in dreams might not be interpreted as a lack of energy or power, if, for example, cars fail to start or lights fail to work. Fear of failure often originates in childhood and stems from fear of punishment by parents or carers or the withdrawal of love and this fear can linger into adulthood.

If your dreams often feature themes of failure or missed opportunities, instead of focusing on what is wrong with your life, try to lay more emphasis on what is right while ridding yourself of the negative ‘glass half empty’

perspective on life. Losing a race in your dream, especially if you were pipped at the post, indicates the frustration and sometimes humiliation of realizing the limits of your potential.

FAIRGROUND Dreams that feature fairgrounds as their setting may represent a reconnection with the light-hearted childlike part of yourself. Your dreaming mind may be urging you to let your hair down and be less inhibited or to drop whatever constraints you may have been imposing on yourself or others. Fairgrounds are enclosed worlds devoted to pleasure, so to dream of one could also indicate that you are wrapped up in your own pleasure. Alternatively, if you experience as many pains as you do pleasures, perhaps you feel that you are on life's merry-go-round.

A lack of harmony in your life might be represented through a dream of a carnival with outlandish objects and performers. If you are enjoying a carnival ride, it is a suggestion that you may currently be going round in circles in waking life or enjoying a bunch of cheap thrills. If you dreamed of taking a rollercoaster ride, are you feeling apprehensive or sick of the dramatic ups and downs in your life recently? If you were spinning on a carousel, do you feel as if you are going round and round in circles and making no progress in waking life? Or does your carousel dream feature sexual symbolism, with images of horses and flying, and a desire to return to the sexual innocence of childhood? If you dreamed of swaying gently in a carriage on a Ferris wheel looking down at the world below, your dreaming mind may be encouraging you to take an overview of the bigger picture of your life.

FAIRY Faerie people can be divided into numerous classes, or races. Fairy is a collective term for many different beings, usually possessing magical powers. Many fairies have a human form, but some have animal or human/animal shapes. Elves, goblins, gnomes, dwarves, and trolls are the most representative of faerie races among the many different cultures of Europe. Some cultures believe that fairies, also called 'fae' or 'fey', are real beings who can direct the powers of nature. As 'devas' they help plants grow and thrive when called upon for their help. Some also believe that fairies can play tricks on humans and blame them when shiny, pretty items such as jewelry are lost. It is believed that if one appeases the fairies by leaving sweet

treats or little trinkets in the garden, they may not be quite as mischievous. Other cultures believe that fairies are both male and female and the image of butterfly innocence and sweetness may in fact be a deceptive one as fairies were traditionally malevolent toward humans. In dreams these old beliefs may linger and fairies may be regarded as untrustworthy beings that foreshadow trouble or passing pleasure that suggests malevolence. Fairies in dreams may be of either sex but are typically female. For Freudians they can represent incest fantasies with a female relative. In the symbolism of dreams fairies can also hint at your own latent powers or potential so if your eyes were captured by a vision of a host of ethereal fairies dancing in the moonlight, was your unconscious encouraging you to discover your own inner magic potential? In the dream world, fairies can also represent hopes and desires. Maybe you've been going through a bad time and have been wishing that your fairy godmother would appear and make it all go away with her magic wand. Another explanation is that they symbolize fantasy and can represent a need to escape reality. Fairies are typically tiny, beautiful and delicate. For women, fairies can symbolize the nurturing, maternal, and feminine side of the self. Fairies in men's dreams might represent the anima, the female aspect of the personality or due to its colloquial sense repressed homosexual urges. When we accept and integrate both our masculine and feminine traits, we can achieve emotional balance. What was the role of the fairy in your dream? Were your wishes granted or did you fly away to some faraway land? If you were the fairy in your dream, what kind of power did you have? How did you use it? You may need to get in touch with the magical side of your personality in waking life and believe that you really do have the power within you to make your dreams come true.

FAKE NEWS

See **MEDIA**.

FALCON

See **BIRDS**.

FALLING Falling, and the accompanying sense of vertigo, is, along with flying, one of the most often reported dream topics. Falling dreams typically occur during the first stage of sleep. Dreams in this stage are often accompanied by muscle spasms of the arms, legs, and the whole body. Sometimes when we have these falling dreams, we feel our whole body jerk or twitch, which provokes us to awaken.

Dreams of falling may be prompted by your fear of heights in waking life. If this isn't the case, falling dreams may be your dreaming mind's way of drawing your attention to feelings of frustration and loss of control. In which area of your life do you feel you are 'falling down', slipping or losing your place? Are you anxious about schoolwork, your love life, your career, or your domestic life? Dreams of falling can be associated with feelings of loss of control or letting yourself down; sometimes the sensation is so terrifying that your conscious mind jerks you awake mid-flight. If, in your dream, you fall and were unharmed, this is a clear sign that your current situation is less uncertain than you think. Whatever the scenario in your dream, if falling is a part of it, your unconscious is urging you to identify the source of your feelings of uncertainty and try to find a solution even if that means accepting something less than you hoped for, or accepting your limitations.

According to Freudian theory, dreams of falling indicate that you are contemplating giving in to a sexual urge or impulse. You may be lacking indiscretion. According to biblical interpretations, dreams about falling have a negative overtone and suggest that man is acting and walking according to his own way of thinking, and not that of the Lord.

FALSE TEETH

See **TEETH**.

FAME In dreams in which you are famous, or achieving fame within a chosen field, your dreaming mind may be urging you to recognize and give yourself more credit for your achievements. In waking life you may be very shy but in dreams you can achieve things you never thought yourself capable of achieving. The ego is a powerful tool and your need for recognition arises

from it. If, however, you are to move forward with your life and reach your full potential, you have to believe in yourself and a dream about fame allows you to accept the possibility that you are more powerful than you think.

On the other hand, a dream in which you are famous would be considered wish-fulfillment by Freudians, reflecting a yearning for more attention and recognition in waking life. It could also, however, reflect the fact that more people recognize your waking behavior (for good or ill) than you realize. Dreaming of being a famous person or celebrity is quite common for adolescents, reflecting their desire to be part of a talented and admired group of people. Such dreams show a strong urge to find a place within a group that is emotionally secure and creatively satisfying.

FAMILY While whole schools of family therapy have been developed to help address the issues that emerge within a family context, it is worthwhile looking at one theory of a child's development into an adult as it sheds much light on dreams about the family. This is Jung's theory of the process of 'individuation', one of his most interesting and important theories. In short, individuation refers to the processes involved in becoming a self-aware and independent human being. The area of being to which we refer when we say 'I' or 'me' is our sense of self, which Jung calls the ego. A vital part of the process of individuation is to meet and integrate, or become independent of, your childhood patterns. This includes desire for the love of the parent of the opposite sex, rivalry mingled with dependence with the parent of the same sex, and the move away from total dependence on both parents.

An absence of a father's or mother's love can be especially traumatic, as parents are the soil out of which your sense of self must emerge. And even if your parents are no longer alive or you never had a relationship with them, their impact on your psyche can be just as profound. Without a doubt, parents are powerful, emotive figures in dreams but a person's identity cannot gain any real independence while still dominated by these internal forces. Psychologically, this struggle for individuality should take place within the safety of the family unit. Unfortunately this does not always happen and, in dreams, images of family members may be manipulated so that issues and conflicts that have been unresolved during Jung's process of individuation can be worked out.

Family dreams are so common because most of the conflicts and problems in your waking life are experienced first within a psychological

environment laid down by your family. It is as if a pattern has been imprinted that will continue to appear until it is broken willingly. The way you were brought up has such a profound effect on your psychological health that any dream you have of family members will probably have a unique and highly specific meaning to you, depending on what your family means to you, your own experience of family life, and other related attitudes. Because there is such variety here, you will need first to define your present relationship and feelings about the member of your family that features in the dream.

Individual family members can represent the various archetypes in your dreams. For example, the father can represent the masculine principle of authority and discipline, while the mother represents the feminine principle of nurturing and protection. In many instances, dreams featuring your family members can be reassuring. They may give you confidence and guidance, as well as a feeling that you are supported and loved. On the other hand, they may also highlight current or long-term problems within your family or personal relationships. Because they can replicate values, attitudes, and emotional or social responses toward living that you have absorbed from your family, all future relationships outside the family are influenced in some way by the ones you first develop within your family. In times of stress, therefore, your dreams might use scenarios involving family members to try and put things right or reveal and confirm the conflict.

Bear in mind that each dream about a family member must be considered in context, and what the idea of a family means to you may not mean the same to another person. For example, Western concepts such as individuation, sibling rivalry, or Freud's Oedipus complex would make no sense in those cultures where an uncle or grandparent is considered no less significant than mothers or fathers.

See also **RELATIONSHIPS**.

Family Scenarios

Ancestors/Extended Family

Dreams that feature your ancestors in some way indicate the web of cultural and family influences from which your personality has arisen. If a particular ancestor is highlighted, then you need to explore your personal associations with that person. For example, your great-aunt could have been renowned for her psychic abilities, so a dream about her might represent that intuitive tendency in you. Family scenes in your dream may represent feelings of

security and unity, or a desire for this in your waking life. The appearance of your whole family together in a dream can indicate that you are yearning for the security and togetherness of childhood and home. On the other hand, if you dream that you see your family but are not present among them or are ignored by them, perhaps you feel emotionally distant from them at present. The appearance or mention of your family name in a dream calls attention to your heritage or family situation. If family planning is a feature of your dream, this suggests the need to take responsibility for your future. A family room suggests congeniality. Members of the extended family (such as cousins, aunts, uncles, nieces, and nephews) usually appear in a dream as an aspect of yourself relevant to the person you dreamed about. For example, if your cousin is shy in waking life, his appearance in a dream may refer to the inhibited part of yourself.

To dream of a family tree may indicate your true spiritual heritage, providing you with a record of your origins and your place in the overall scheme of things; alternatively, if you believe in reincarnation, particularly genetic reincarnation, it may represent your own past lives. If you are finding it difficult to analyse the meaning of your dream, it may be that your unconscious has cast a feminine or masculine archetype in the role of the relation. To determine if this is the case, ask yourself if your dream uncle has more in common with the archetypal wise old man than your father's brother, or if your dream niece has more in common with the archetypal amazon or huntress.

Conflict

If you dream of an argument or rivalry with one of your parents, it suggests that you may be questioning yourself in some way. When a child is born it moves from self-involvement to an exclusive relationship with the mother and father; later on the child has a need for a third relationship with another person outside the family, and often this third relationship can cause the child to question their own validity as a person. Dream images of conflicts with parents therefore suggest that this issue still needs to be resolved so that successful relationships can be established outside the home. If you dream of someone you know outside the family arguing or in conflict with a member of your family, this may suggest that you have not yet learned to establish what your needs are. Learning to love outside the family is a sign of independence and maturity. The figure of a family member disrupting or

preventing intimacy with a friend or loved one in your dream suggests that family loyalties are getting in the way of your development and fulfillment in everyday life.

Confusion

Dreams in which body parts of family members are confused – for example your sister's head on your father's body – suggest that you may be having problems deciding which family member is the most important for you. Dreams in which a family member doesn't arrive when expected or appears unexpectedly suggest that the relationship between you and that family member needs to be better understood so that trust can develop. Dreams in which family members are injured, distorted, or suffering in some way may reflect your fear or anxiety for that person. Dreams of an incestuous relationship with a family member suggests that the dreamer has become over involved with that person; the dream has appeared to warn that if this over involvement continues, the consequences will be damaging to your development.

The personality of family members in your dreams may also be transformed. For example, parents who have been difficult in waking life may appear tolerant and loving in your dream. This may be an attempt by your dreaming mind to counter the negative consequences of their cold attitude toward you when you were a child. A negative dream of a partner when all seems well in waking life may be a warning that there is an underlying problem in your relationship with them. Examine the context of your partner's misbehavior in the dream as your unconscious may have noticed a flaw in your relationship that you are unable or unwilling to recognize in waking life. Remember, however, that the dream may relate to another negative area of your life; your partner may represent someone or something else important to you in your dream.

See also Divorce entry in **RELATIONSHIPS**.

Death of a Family Member or Partner

A close family member has died and the remaining family are attending the funeral. Everyone, including you, is crying. Such dreams can be very unnerving because you may worry that something is going to happen to a family member but, contrary to your fears, dreams of death are often a reflection of change, rather than death. Changes that bring some era to a close

or cause shifts in family roles, such as going to college, getting married, or starting a family, are likely to trigger death dreams. Think of these dreams as a rite of passage. Your relationship with the person in your dream has not died but it will be different, because something is different in your life. Another explanation of the dream death of a family member or spouse is to consider what aspect of yourself that person represents and what you may be rejecting or repressing.

For example, to dream of your mother dying could represent the death of your own motherly nature. Perhaps you should try to be more caring and maternal, or perhaps something or someone should be nurtured instead of ignored. Alternatively, you may be expressing hidden feelings for that person. Do you secretly resent or wish to be independent of them? Such dreams may also represent a positive or negative change in your relationship or attitude toward that particular person. Yet another interpretation suggests that dreams of being prostrate with grief at your father's or mother's funeral can be an emotional dress rehearsal staged by your unconscious to prepare you for the devastation you may feel when your parent really does die. Such dreams tend to be more common in women, especially concerning the death of a partner, as statistically women live longer than men.

Dreaming of a relative or partner who is dead in waking life is, not surprisingly, quite common. After all, that person may have played a big part in your life, and their influence and memories are still very much alive in you. It is not unusual to have disturbing dreams for some period after the death of a loved one; it is equally common not to be able to dream about the husband or wife at all, or to see the partner in the distance but be unable to get any nearer. Such dreams of dead people are expressive of attempts by your dreaming mind to help you make the transition from external reality to internal memories, or to deal with feelings, guilt, or anger in connection with the person who died.

Family Occasion

Dreams that focus on happy family get-togethers, celebrations, anniversaries, meals, or meetings could be explained as wish-fulfillment, nostalgia, or even anticipation. Perhaps your dreaming mind is recalling a happy event from the past or mourning the loss of those happy times when the family was all together. You may also be looking forward to meeting up with your family in the future. If the family dream is stressful, however, your dreaming mind may

have conjured up images of real or imagined family arguments, disagreements, tensions, and grudges to highlight and bring to your attention those unresolved tensions associated with your family life that are still holding you back in your waking life; for example, sibling rivalry or lack of respect for authority or the parent figure. Alternatively if your family life is healthy and happy, and you still have dreams in which family arguments occur, your dreaming mind may conjure up such images to highlight possible feelings of insecurity; perhaps you feel that you are failing to live up to the standards and expectations of your relatives.

Sibling Rivalry

The appearance of siblings in your dream may be a direct representation of them or it may actually stand for something else in your life. Some dream analysts believe that all dream characters represent aspects of yourself. So when interpreting dreams that feature images of your siblings, try to bear in mind these different layers of potential meaning. A dream in which your brother or sister is seen in a negative light may denote unresolved childhood feelings toward that sibling in waking life. According to Jung, dreams of a sibling often recall childhood competition for our parents' love and the dream death of a sibling may show how intense this rivalry is. However, as even Freud suggested, this rivalry may be just a memory and may not relate to your waking relationship with your brother or sister. Dreams in which you are arguing or fighting with your sibling suggest feelings of doubt and insecurity, perhaps as to whether you were loved enough within your family.

Bear in mind that, in dreams, siblings can also represent the shadow. This is because it is easier to project the negative or hidden side of our personality onto another member of the family than it is onto a non-relative, and siblings tend to be the closest to you in age and experience. Your dreams may be an attempt by your unconscious to resolve this projection before it creates problems in waking life. When dreams of the opposite sex sibling occur, this may also be an expression of your anima or animus archetype. It could represent the tension – or union – of opposites in some way; your dreaming mind may be trying to create harmony and balance in your life by pointing to some aspect of yourself. For example, if your dream sister was incredibly rude, the dream may be highlighting your own feelings of guilt about being rude to some one. Alternatively, such a dream may be urging you to be more assertive in waking life. The same would apply if you dream of siblings or

step-siblings but don't have any brothers or sisters in waking life, or if your sibling behaves completely out of character in the dream. If your dream casts someone you know as your brother or sister, this may be because you have brotherly or sisterly feelings for them, with all the associations of rivalry and platonic love that such a relationship implies.

Suffocation/Separation

Dreams of suffocation or being crushed often relate to your feelings concerning separation and attachment in waking life, and, as such, point to experiences of childhood and family. Such dreams often occur at times of change, such as leaving home for the first time, getting married, or at times of illness and death. Dreams of suffocation can also tell of fears of being overwhelmed, dominated, or drowned by a powerful figure, who is likely to be a family figure. Two influential psychoanalysts – John Bowlby and Donald Winnicott – have written extensively about the concept of separation and attachment. They suggested that a large proportion of anxieties and mental health problems are associated with separation between infant and mother in childhood. Their suggestion is that separation is not only distressing for a baby but can also cause anxieties in later life. They proposed that premature separation can lead to insecurity, which can lead to hostility, and that this hostility can interfere with the processes determining subsequent growth and development. All of this is said to trigger mourning at an age when a child is too young to manage such feelings, meaning that a child may be stuck in a state of despair or depression. Dreams of suffocation, separation, loss, and abandonment may therefore be informative as they can tell the dreamer of an unresolved separation in their family. This is when feelings of mourning or hostility toward the parent or other family figure have not yet been explored or dealt with.

Separation anxiety occurs when we have to confront the prospect of being separated from someone who is considered essential to our physical or emotional survival. Typically, separation anxiety occurs in relation to family members or partners, as these are the people with whom we normally have the closest relationships; the anxiety may often be reflected in nightmares and disturbing dreams. Although normal in childhood – when a child is absolutely dependent upon the parent to provide for its needs – separation anxiety in adulthood, when the presence of another person is used in defense against some other form of anxiety, is considered detrimental to a person's

emotional development. Dreams of suffocation or nightmare scenarios involving the separation, death or loss of a family member or spouse are often triggered by separation anxiety and in many instances they can offer clues to help manage and resolve these feelings in waking life.

Transformation
A man's first close relationship with a woman is with his mother, so a dream in which his mother transforms into another woman can be symbolic of a kind of growth, as it shows that he can let his mother go. Depending on the circumstances of the dream, this transition indicates some kind of positive or negative change in his perception of women. By the same token, a woman's first relationship with a man is typically with her father or brother and to progress onto fuller relationships she must learn to walk away from those relationships. Therefore if she dreams that her father transforms into another man, this indicates some kind of positive or negative change in her perception of men, although much depends on the circumstances of the dream and the woman's feelings about it.

Dreams in which parents, family members, or partners behave completely out of character – for example, your gentle mother transforms into a cruel tyrant or your teetotal father transforms into a raging alcoholic – can be extremely unsettling, as they turn what you regard as accepted truths on their heads. Such dreams have little to do with real-life family members or loved ones; far more are they to do with unresolved aspects of either your life or yourself that you need to confront and work on in order to find fulfillment. In such cases, your unconscious mind may have conjured up parental or family archetypes to bring neglected issues to your attention or to warn you of an authority figure who presents a threat to you in waking life. For example, perhaps the controlling father in your dream represents your boss who is stifling your individuality, or your nurturing dream mother is telling you to mother yourself or someone close to you.
See also **IN-LAWS**, **RELATIONSHIPS**, **STEP-FAMILY**.

FAMINE A dream in which you endure a famine or drought portends misfortune, and scant reward for your effort, but the dreamer can take comfort that this difficult time will pass, leaving you wiser and better prepared for any future crises with which life may surprise you. Famine and drought dreams can also indicate that you are emotionally drained in waking

life. If you are hungry in your dream, your needs or demands, physically, emotionally, and mentally are not being met. Starvation dreams also indicate that something within yourself is not being given due attention; aspects of yourself are being impoverished and ignored. Perhaps your partner is draining you and you are feeling exhausted. If scenes of poverty feature in your dream, this often indicates feelings of being inadequate, or negative emotions depriving you of your well-being. On the other hand, dreams about starvation and poverty may be hinting at your humanitarian qualities, and could be suggesting that you could do more for charity.

FAMOUS PEOPLE If a famous person appears in your dream, they may be there to express something about you or someone close to you. According to Freudians, such dreams are pure wish-fulfillment, with the famous person or celebrity representing either what you want to be or your desire for more recognition in waking life. By contrast, Jungians consider that dreams of celebrities represent archetypes and aspects of your personality that are still buried in your unconscious. If so, your dreaming mind is encouraging you to incorporate those desired qualities that you see in the famous person into your conscious life, because they are already present – latent – in you. On the other hand, the famous person may represent your shadow or hidden side: a part of your personality, or a behavior pattern, that you have refused to acknowledge – for example, aggressiveness or a will to dominate.

In short, celebrities in dreams often symbolize those hidden qualities upon which you need to turn the spotlight. Whenever you dream of becoming famous, or meeting someone famous or powerful, quickly write down a couple of positives and a couple of negatives about that person. Don't think too much. Then ask yourself, 'Do I see any of these qualities in myself right now? Are they qualities that I want to develop? What can I learn from the dream about myself and my life from this person?'
See also **CELEBRITIES**.

FAREWELL Dreams that feature farewells or final goodbyes tend to have the same significance as dreams of bereavement. If you were saying goodbye to someone in your dream, ask yourself if that relationship is coming to an end, at risk of coming to an end, or whether you need to say goodbye to some aspect of your life that you connect with that person. Dreams in which a

loved one recedes into the distance and eventually disappears from sight suggest feelings of grief mixed with resentment. On the other hand, dreams in which a loved one waves goodbye happily from a distance suggest you are reconciling yourself to the reality of your loss.
See also **LOSS**.

FARM/FARMER To be in a farm or farmyard in your dream suggests that you are very much in touch with the down-to-earth aspects of yourself. It also indicates a need to feel safe and looked after. Whatever animals there are in the farm will be significant to the interpretation. If a farm appears in your dream, you may be longing for a more simple, down-to-earth approach to life. If there is manure in the yard, this may point to obstacles that prevent you from realizing your dream. If you dream of a windmill, the windmill may represent your creativity as the windmill grinds flour for bread. If you are the family breadwinner, you might identify with this dream. Images of a stable in your dream may suggest repressed sexuality, as horse-riding is a Freudian symbol of sex. For Jung, the horse represents humankind's harnessing of natural forces, making the stable a place where the dreamer can face these forces with confidence.
See also **WORK**.

FARTING
See **BURPING**.

FASHION
See **CLOTHES**.

FASTENINGS If you ripped off buttons on your blouse and shirt in your dream, then perhaps you have been too buttoned-up in waking life, to the extent that your unconscious is urging you to relax and reveal the real you. Dreams about loosening your belt or necktie may also suggest a release from pressures in waking life. By contrast, if you tightened your belt, laces, sash, or ribbon, your unconscious may be urging you to economize or tighten up in some way. If your dream homed in on a zipper, do you long to have more energy or thrills in your life, or should you keep your thoughts to yourself as if to zip it up? Releasing buttons or a zipper may refer to a need for relaxation

or a desire to develop an easier relationship with another person. On the other hand, if your zipper got stuck and you couldn't move it in your dream however hard you tugged at it, do you feel trapped by responsibility and routine, and long for release?

FAT PERSON A symbol of the defenses you may use against feeling frightened or inadequate in some way; can also suggest healthy sexuality or throwing your weight around.

FATHER The father represents the archetypal symbol of worldly authority and competence. For a man to dream of a father figure suggests that he may be searching for a role model, whether negative or positive. According to Freud, dreams that feature hostility toward the father figure could be explained by the Oedipus complex. Freud claimed that the ancient Greek myth of Oedipus was a symbolic representation of the psychological development of the male individual. He thought that children between the ages of four and seven went through a phase during which they developed an incestuous desire for the parent of the opposite sex; a young boy would therefore have feelings of resentment toward his father, whom he saw as a rival. Normally the Oedipus complex resolves itself by puberty, but in Freud's view, the failure to achieve freedom from parental influence could result in the Oedipus complex lasting into later years. If it does, it should be fairly apparent from the content of some of your dreams, especially if you are attacking, insulting, or feeling envious toward your father.

Jung also believed the symbol of the father played a vital psychological role in waking life. He thought that a man dreaming of hostility toward his father was a positive sign, as it showed that the unconscious was dethroning the father so as to enable the dreamer to achieve a sense of self and be a person in his own right. A woman dreaming of a father figure is often dreaming of the pattern upon which all her future relationships are based; her dreams may encourage her to work out a more appropriate way to have mature relationships. The more difficult the relationship with her father, the harder this may be.

For men, a father may represent the conscience or, in Freudian terms, the superego. If this is the case, bear in mind that your father's prohibitions and commands will probably represent either conventional moral options that

may lack relevance to your true nature or ‘destiny’, or irrational fears and feelings of guilt that began to take shape in early childhood. Of course, a dream about your father may simply express your current feelings for him and issues surrounding your relationship with him. The presence of your father may be a straightforward representation of him, or of the way you see or remember him. In any case, the reason for your father appearing in the dream will be shown by the part he plays in the dream story. For example if, in the dream, your father features as a protector, it may be that you need to ‘grow up’ and rely on your own resources.
See **FAMILY**.

FEAR In the majority of cases, dreams that make you feel scared, terrified, anxious, or afraid in some way are described as nightmares, but some dreams can express your waking fears or anxieties in symbolic and thought-provoking ways. In some cases they may show you how to confront or face your fears. Dreams in which you are falling, drowning, being chased, crushed, or captured may occur when you have done something of which you feel ashamed or that you know is wrong; your dream is a form of self-punishment. Other dream researchers believe that such dreams are caused by the suppression of forbidden or hidden instincts. Discussing such dreams with others may help to ease your fears.

Any dream in which you are attacked or pursued is also a representation of fear; you should try to identify who or what is attacking or chasing you. Facing your dream demons may help to understand and resolve them in waking life. Dreams in which you are being attacked or threatened by animals are sending a clear message that you have suppressed your instincts too much and need to be more natural, or loosen up, in waking life. Dreams in which an intruder breaks into your house are extremely common and they also express a fear or concern about a specific person or situation in your waking life. Try to identify the intruder, as this will give you a clue to the interpretation. If you experience paranoia in your dream, or have an irrational fear in your dream of going mad or insane, this will reflect an uncertain situation in your waking life.

FEATHER Your interpretation of feathers will be influenced by whether or not you are allergic to feathers but there are some common associations

with features. If you are allergic to feathers, they may have a negative interpretation, but in general, feathers represent the beauty of the bird from which they came. If you know the bird from which the feather came, see the **BIRDS** A to Z here, and follow that interpretation. If you don't know the species, the general interpretation for birds applies. The color, or colors, of the feather are also significant (see **COLORS**). Feathers can also represent flight to aspects of yourself, and because of their connection with wind and air can suggest a connection to the more spiritual side of yourself.

If a feather drops on you from above in a dream, this is a message from your unconscious but what is that message? Features are light and so do you need to lighten up and take a more relaxed and softer approach to life? A white feather suggests cowardice. A black feather relates to the unconscious and your ability to explore it. Feathers on a ceremonial headdress suggest achievement (having a 'feather in your cap'). Features may also suggest disagreements of some kind; has someone ruffled your feathers? Alternatively are you taking a feather-brained or frivolous approach to some aspect of your life? Or do you need to feel comforted in some way? Feathers are often stuffed in pillows and are therefore associated with warmth and comfort.

FEET

See **BODY**.

FENCE To see a fence in your dream signifies an obstacle or barrier that may be standing in your path. Are you feeling fenced in? To dream that you are climbing to the top of a fence indicates success and the development of your potential. To dream that you are building a fence signifies secrecy, withdrawal, and an intense need for privacy. There might also be someone with whom you need to mend fences in waking life? To dream that you fall from a fence suggests that you may have overcommitted yourself in waking life. To see animals jumping over a fence into an enclosure could mean that you are unable to control your instincts and emotions.

FERRET

See **ANIMALS, PETS**.

FERRY A ferry is an archetypal vessel associated with transition from one stage of consciousness to another, and the ferryman is the archetypal wise old man.

FERRIS WHEEL

See **FAIRGROUND**.

FEVER

See **MADNESS**.

FIELD If you dream of fields that are green this suggests a sense of freedom and happiness. You may also experience a period of personal growth. The dream may also indicate a love of nature. Dreams of lush fields with crops that are ripe for harvest suggest ideas and creativity that are waiting to be explored. If the fields are farmland reduced to stubble, your dreaming mind may be suggested that you have reaped the benefits of past efforts and it is time to plant new seeds of creativity. Barren fields suggest a pessimistic attitude toward life. If the image is a flower-filled meadow your dreaming mind may be urging you to take time out.

FIGHT/FIGHTING If a physical fight or dispute features in your dream, this may be between differing aspects of your character or two different points of view you need to balance.
See **ATTACK, HOSTILITY, STRUGGLE**.

FILM If you dream of watching a movie, your unconscious may have been alerting you to a charade or drama unfolding around you in waking life. Watching a movie may also add a veneer of glamor to aspects of your life from which you ought to distance yourself. Such a dream may be urging you to create that distance, warning you to stop denying responsibility for your actions in waking life. If you dream of going to the movies, pay attention to what you are actually watching as it could have relevance for your waking life. For example, if you dreamed in black and white, do you need to add romance or color to your life? Action and adventure films suggest escapism.

FINE

See GUILT.

FINGER

See BODY.

FIRE Fire is often considered the most fearsome and powerful of the four elements because it not only devours, causing pain and destruction, it also purifies, cleanses, and illuminates.

In dreams, fire is a potent symbol of the passion of strong emotion and burning love, as well as of new beginnings. It has many different and conflicting meanings, and interpretation is sometimes difficult. Standing in, or being in, flames can therefore suggest the burning out of old attitudes or experiences to make way for the new; but such a dream could also represent your fears of a new phase in life, your own personal suffering for your beliefs, or that you are consumed by destructive emotions, such as passion or envy. Sometimes interpretation is easier; for example, if a house is burning down or there is a forest fire, this suggests you are consumed by passion. The exact interpretation will depend on whether the fire is being controlled or not. If fire figures in your dream, consider whether your emotions have got out of control. Are you being a hothead? Is your passion burning?

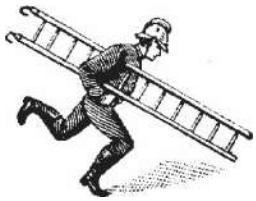
A controlled dream fire can also symbolize security. The fireplace or hearth is the heart of the home and the center of warmth, and to dream of it may show that you feel comfortable with yourself. Freud said that fire was a symbol of the libido and passion, and to dream of poking a fire represented sexual arousal. Jung, on the other hand, said that fire suggested intuition and psychological transformation. Just as the alchemists used fire to transform base metal into gold, so fire is a symbol for personal growth. It destroys the past but lights the way for the future. It is the eternal flame in the temple of the soul and from the fire the phoenix of hope arises. Baptism by fire signifies a new awareness of spiritual power and transformation. Sometimes fire can be a warning of illness. It is also associated with the astrological signs of Aries, Leo, and Sagittarius. If a fire is put out by water, this suggests physical energy being restrained by the cooler processes of thought.

FIRE DISASTERS In a dream, fire can be a purifying influence, it can relate to anger, or it might be suggestive of destruction. It may also relate to the fact that you are being consumed by a passion in waking life. In any event, its appearance in your dream may suggest that something in your life (most likely related to work or home) is in the midst of considerable change. Such a dream may be a warning – especially if you are trying unsuccessfully to smother the flames. The dream would be reassuring if a house or room was catching fire and you could control the flames, for here is a symbol of controlled passion. The dream is reassuring you that you are, or can be, in control of your life.

Disaster dreams in which you see people engulfed in a burning building should make you consider both your reaction and your personal connection with the disaster – if any. If you are merely a spectator in the dream, too scared to move or offer your help, you should ask yourself whether you are equally fearful of life, or whether you are less forceful than you need to be. If any of your friends, colleagues, or family members are trapped in the building and you know you should help them, your dream may be telling you to take a more active part in their lives. If you dreamed that you were in the burning building or that the building was falling down around you, consider whether your life is also collapsing around you. To dream of being burned alive may express your fears of a new relationship or phase of life. Finally if you are firefighting in your dream, this is a positive sign as it shows you are putting up a fight in real life.

FIREFIGHTER To dream of a firefighter represents self-control and your ability to deal with your energies, burning desires, or emotional emergencies in the waking world. To dream that you caused a fire may be a warning from your unconscious that you are playing with fire and may be in danger of getting your fingers burned if you go ahead with a certain project

or get involved with a certain person. If you find yourself on fire, your passions may be consuming you and you may feel hopeless and trapped in waking life. If, however, you managed to put a fire out, this shows that you are asserting control over the fire raging within you. If someone else started a fire, your unconscious may have been telling you to watch that person carefully in waking life or to carry out some simple safety checks.



See also **WORK**.

FIREFIGHTING A positive sign that you are putting up a fight in real life.

FIREWORKS If you watched a fantastic firework display in your dream, are you feeling particularly good about yourself right now? Has there been a personal triumph? Or should you interpret the dream sexually, as fireworks are symbols of sexual climax in the movies. On the other hand, fireworks may denote explosions of furious rage and any dream explosion may reflect pent-up fury or frustration that is building up in waking life. Is there something in waking life that is making you tense and angry? Dreams in which you watch helplessly as a raging inferno destroys your home may be warnings from your unconscious to fit a smoke alarm in your home or office, but they may also have highlighted your current overheated emotional stage. It is important to ask yourself who or what is provoking your rage and whether the full force of your anger is about to be unleashed in waking life. And what would the results of the explosion be – devastation that all you have worked for has gone up in smoke, or liberation that you have burned your bridges and can arise energized from the ashes?

FISH According to Jung, fish represent the deepest level of the unconscious mind. He suggested that this was due to their cold-blooded nature and their

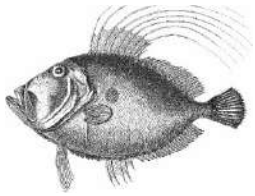
early evolution on earth. Dreams that feature creatures of the sea are therefore indicators of deep-rooted instincts, fears, and anxieties that have not been fully uncovered in waking life. Jungians think that fish symbolize a spiritual quest or seeking, while other dream interpreters claim that fish symbolize abundance and fertility. Fish are sometimes also recognized as a symbol for Christ and Christianity. Given all these possible interpretations, it is worth focusing on the condition and appearance of the fish and other sea life in your dreams so that you can discover the personal meaning they hold for you.

Water is the element in which fish live, so there may be a strong emotional factor in a dream about fish; fish can also represent unconscious insights, as the unconscious is often represented by the sea, the fish being ideas flitting through it. According to Jung, fish are symbols used in the dream to mimic impulses that suddenly dart out of the unconscious and which have a frightening or redeeming effect in waking life. In the realm of sleep, fish are considered harbingers of inspiration and creativity, so a fish or schools of fish glimpsed beneath the surface often represent unconscious material or truths hidden within yourself. To dream of a fish's eye symbolizes a watchful and diligent nature, but to see a dead fish signifies a worry about the way you interact with others. Is your lack of emotional warmth turning you into a cold fish? If you dreamed of a fish leaping out of the ocean before returning to the waves or fish caught in the net and brought to the surface, this may indicate the brief emergence of intuition. If the fish are dirty, injured, or ugly, this doesn't mean that you are too; it just means the phase you're currently in may be painful and tough. This is a time for patience and gentleness with yourself.

If fish are swimming just below the surface, they may represent the wisdom you have not yet brought to consciousness in waking life, while dead fish in your dream may suggest you have failed to express your basic urges or emotions. If, in your dream, the fish are in an aquarium, this may refer to aspects of your personality that are prevented from expressing themselves, or constricting emotional conditions in general. The dream may also refer to aspects of yourself that need to be nourished emotionally; a goldfish bowl may simply suggest boredom or a lack of privacy or confidentiality. If you dream of a fish that needs your care, it is likely that you are a creative, sensitive person who has become trapped in a lifestyle that inhibits self-expression. According to Freud, fish are a phallic symbol because of their elongated shape, and, because females spawn hundreds of eggs, he also

associated them with fertility.

The symbol of Pisces in the Zodiac is a fish, and dream fish may perhaps be reminding you of a person you know born under that sign. The fish is also one of the oldest symbols of Christianity, so a dream of a fish, fishing, or eating fish may also reflect your desire for spiritual nourishment. Fish may also appear in your dream as messengers telling you that something does not feel right, that something 'smells fishy'; alternatively, they may be telling you that you are feeling misplaced or you don't belong, like a 'fish out of water'. A fish on a hook may suggest accepting something completely, without hesitation or question; but be attentive to what being a 'wet fish' means.



See also **PETS**.

FISH SPECIES Individual fish species impart their own meanings to dreamers. Pay particular attention to the color of the fish as this will add to the interpretation; for example, a purple fish connotes spirituality. When interpreting the meaning of specific fish in your dreams it is also important to bear in mind cultural associations with certain types of fish that may imbue them with extra meaning. For example, if you are familiar with Japanese lore you may equate carp with courage, love, or good luck; the dream carp could, however, be pointing to your tendency to carp on or nag at someone in waking life.

While for Freudians, all fish are phallic symbols, the dream image of cod may suggest a yearning for a homely situation, as cod is basic food for lunch or supper. Because of its legendary instinct to find distant spawning grounds, to dream of salmon swimming upstream suggests that home and family are always paramount in your mind, no matter how far you travel. Dream salmon can also suggest single-minded persistence and wisdom. In folklore, solitary trout were sometimes regarded as guardians of the pool and to dream of these fish offers encouragement that you will rise to the top of your chosen

profession.

An eel in a dream may symbolize a slippery acquaintance – someone who makes you feel uncomfortable, because they are not to be trusted. According to Freudians, the eel represents temptation and sexual desires. Dreaming of numerous eels writhing in the water therefore symbolizes a longing for sexual orgasm. If you managed to catch an eel in the dream, this may be a sign of good fortune. Your good luck may, of course, be tempered if you cannot hold your dream eel in your hands and it slips away from you. If the eel is wriggling, it is a warning that someone of the opposite sex may be trying to impress you, but may have less than honorable intentions.

Jellyfish may suggest feelings arising from the unconscious that are painful, as well as a sense of helplessness or spinelessness. If jellyfish appear in your dream, you may feel that you're unsupported at an emotional level. On the other hand, it could imply a sense of drifting aimlessly, lacking backbone, and being spineless in some way. A starfish carries the same symbolism as a star, but represents your physical expression or manifestation of your level of connection to your Universal Source.

If sea bass appear in your dream, they may refer to spiritual talents and the generous sharing of them. A pike also refers to spiritual nourishment, whereas a trout denotes a satisfaction with your spiritual development. To dream of catfish can denote a catty, pretentious, or arrogant attitude toward your spirituality, while clownfish suggest foolish factors connected to your spiritual development.

Because of its association with the term 'ray of light', a manta ray in your dream may suggest moments of inspiration or intuition. A sea anemone may represent spiritual diversity, sea urchins suggest spiritual immaturity, while sea horses relate to spiritual beliefs that are more grounded in fantasy than reality.

FISHING/FISHERMAN If you were fishing in your dream, you may be looking for insight into a particular problem in waking life. The dream may also suggest that deep emotions are being brought to the surface. Consider what you were fishing for in your dream; was it compliments, attention, or the truth in a difficult or 'fishy' situation? Did you catch your dream fish in your dream? If you did, it may indicate that you will find that an answer to a long-standing question suddenly pops into your mind. Alternatively, if your catch gasped for breath as it flapped around on the

ground, do you feel like a fish out of water in waking life? If it wriggled frantically, could your dream have been drawing your attention to a 'slippery fish' or elusive person in your real life? If the fish was cold to the touch, could this perhaps refer to someone in your life who is emotionally cold, perhaps even you?

On the other hand, dreams about fishing – particularly ones in which a freshwater fisherman or angler appears – could simply indicate the need for rest and relaxation. If a fisherman does appear in your dream or you are the fisherman, pay attention to the actions that are performed, as they will help you interpret the dream. Often a fisherman will represent a person, such as a provider, or a concept, such as bravery. This latter is especially the case if he is a deep-sea fisherman. A fishing line refers to a length or measure of spiritual inquiry, a fishing rod signifies a life aspect that can assist you in your spiritual search and a fishing trip symbolizes a desire to gain further information regarding a particular issue. Consider also if you are trying to catch something like a job or a partner in waking life. If you visit a fish market in your dreams, try to recall the species of fish, the amount you bought and their condition, as a fish market may refer to your own personal spiritual belief system. Finally, because of its Christian association, a fisherman may suggest a priest or someone with priest-like qualities in your dreams.

FLAG A symbol of pride; nationalistic pride or individual pride. The way in which the flag appears in your dream may represent the feelings you have toward the country, occasion, or person that flag represents. If it is torn, dirty, burned, or trampled on, this may suggest anger or disappointment.
See also **COLORS**.

FLAMES
See **FIRE**.

FLAMINGO
See **BIRDS**.

FLEA
See **INSECTS AND ARACHNIDS**.

FLIES
See **INSECTS AND ARACHNIDS**.

FLOATING In dreams this often suggests getting close to someone in a sexual sense but can also suggest expanding awareness and open mindedness. If you are floating on water this suggests the development of your intuition.
See also **FLYING**.

FLOOD Flood dreams are frightening, but they also suggest a release of energy or pent-up frustration that needs to be set free before progress can be made. To be in the middle of a flood indicates that you are being overwhelmed by these feelings, while watching a flood suggests you are watching yourself. If you are not good at expressing yourself verbally, dreaming of a flood may help you come to terms with your anxieties and insecurities. If you dream of being drowned, it suggests you are in danger of being overwhelmed by emotions you cannot handle or that you are fearful of allowing your emotions free expression. Drowning may also indicate an inability to handle stress and a feeling that you have no control. The natural disasters of flooding, tsunami, and drought indicate great hardship for the dreamer, but they also offer hope. For example, if you dream that you are immersed in rising water or that your house is flooded, this indicates the emergence of a personal crisis. However, if adequate precautions are put in place, or you heed warning signs of impending disaster, it is possible to avert or overcome the disaster.
See also **RAIN**.

FLOOR To see the floor in your dream represents those things that support you. It may also represent the division between your unconscious and conscious mind. To see a polished, wooden floor in your dream indicates that you are fully aware of your unconscious but not tapping into its potential, while to see a slanted floor foretells that you are deviating too far from your original plans and goals. For Jungians, the floors or stories of a house represent your unconscious and conscious aspirations. In general, the attic represents the intellect, the ground floor the conscious mind, and the basement the unconscious. The appearance, style, and condition of each floor will be significant. Are they easy and welcoming on the eye or intimidating

and confused? Difficulty getting from one floor of the house to another suggests difficulties progressing spiritually.

FLOWERS The fragile loveliness of flowers, their bright colors, exquisite shapes, and fragrant scents have meant they have been long regarded as a symbol of the spiritual self and pure inner beauty. This is why, apart from enjoying them ourselves, we use flowers as gestures of love, reassurance, and sympathy and why we often give them to people we like, love or admire. It is generally in one or other of these contexts that flowers appear in your dreams. When flowers are in bloom their beauty is vibrant and colorful but also fleeting and fragile, because as soon as a flower bursts from its bud into full bloom it is in the process of dying to make way for the next generation of flowers. As such, flowers in dreams can also be symbols of hope and optimism, as well as of the cycle of birth and death.

In his practice, Carl Jung observed that the dreams his patients reported consistently contained geometric shapes, such as circles, squares, and triangles. A close look at a flower reveals that it is similarly composed of repeated shapes and patterns, reminiscent of the mandalas used in the Eastern religions that represent the wholeness of the spirit unfolding like a blossoming flower. The Buddha observed that the lilies floating in a pond were in various stages of development, just as each individual is in various stages of spiritual development. Some rose above muddy conditions to thrive while others struggled to survive.

In helping you discern their particular meaning, the color and condition of the flowers in your dream may be as significant as the flowers themselves. For example, red roses speak of romance and beauty while white roses speak of purity, spirit, and healing. To dream about new blossoms suggests the opening of the inner self. To dream about a healthy flower represents healthy vitality, and to dream about a wilted flower represents a low energy or life force. Dreaming of an expansive field of beautiful wildflowers may symbolize freedom and uninhibited growth. Flowers growing through concrete or popping up through the snow might symbolize a strong spirit while flowers growing in the spring indicate new growth and beginnings. Flowers are often present in dreams of departed loved ones, symbolizing the natural cycle of life and death. Reflect upon the personal significance of the flower to determine its meaning in your dream. Take note, too, if the flowers have unusual colors; a friend giving you green roses, for example, may be

jealous of your romantic attachments.

Flowers in Bloom

Flowers that are blossoming in dreams may symbolize the flowering of an idea or new relationship, or that a new phase in your life has begun. According to Freud, flowers are a female symbol, because of their cup-shaped blossoms and because a bee enters them in order to fertilize them. A flower in male dreams may therefore represent women in general or a particular woman. They can also represent an idea that has been fertilized in your mind. Pink or white blossom may also be a symbol of innocence in a dream and if the image of blossom fluttering down to the grass appears, this may signify the passing of innocence. When interpreting your dream, remember that a bloom is a plant's reproductive structure, the carpel containing the female reproductive organ, and the stamen the male. So if your dreaming mind focused on a flower, the reference may also be sexual. And if the flower that bloomed in your dream was one that you recognize, its personal or symbolic meaning may have further relevance for you in waking life.

If, in your dream, the flowers were particularly colorful, this signifies kindness, compassion, gentleness, pleasure, beauty, and gain. Your dream may be an expression of love, joy, and happiness. The colors of your dream flower may also be significant, as would their shape. Alternatively, dream flowers may denote a particular time, season or day of special significance to the dreamer or may relate to a specific sign of the Zodiac. Keywords: Symbolic of beauty and inner development, puberty, coming into flower, seeing the beauty in a situation, violating, plundering or removing innocence and beauty from something, deflowering it, a homonym for flour.

Garden Flowers

In general, cultivated flowers symbolize how we can influence and control our development, while wild flowers and weeds symbolize spontaneity and how nature's abundance comes in all shapes and varieties. If you were planting flowers in rows in a garden or see formally arranged flowers in a flower bed, this could be suggesting that your life is a little too organized and lacking in spontaneity. Although it could also indicate that your personal life needs putting in order, in general flowers appearing in a dream garden suggest that your life lacks vibrancy and you are too preoccupied with the

practical business of earning a living. A dream of an inviting, flower-filled garden scene may be encouraging your waking self to relax. If you dreamed that you were lounging lazily in a garden surrounded by flower-filled borders, your unconscious may have been mirroring your sense of satisfaction with your waking life but also may have been encouraging you to take the time to enjoy life's simple pleasures.

If the flowers in the garden are dead, wilting or attacked by a worm or grub, this conveys a message of regret and danger. If flowers are strewn across your garden, your house or even yourself, this suggests that your life contains a great deal of pleasure and fulfillment. If you were watering or feeding the flowers in the garden or anywhere else in your dream, this suggests that you need to work on a relationship. Did you dream that your garden suddenly became parched and you were rushing to find water to feed the flowers? If this was the case, perhaps a dream like this is implying that you need to pay more attention to those around you, as your close personal relationships – symbolized by the drought-stricken flowers – are in urgent need of nourishment and rejuvenation.

Giving and Receiving Flowers

If you dream of sending someone flowers or presenting or receiving flowers or a bouquet, try to identify who the other person in the dream is. It may be someone you admire, love, or respect, someone from whom you desire admiration, love or respect, or someone who has more regard for you than you realize. According to dream lore, to dream that you receive a bouquet of flowers represents respect, approval, admiration, and reward. If you can't identify the person in your dream, this suggests that your self-esteem needs a boost. A garland of flowers given or received has similar, though more formal, associations. If you are sending or receiving a wreath of flowers, this may be connected with feelings of guilt, hostility of loss that you need to come to terms with. If you are giving dead flowers in your dream, this represents something you want cut out of your life because you no longer have anything more than dead feelings toward it.

Wild, Cut, or Artificial Flowers

In dreams, wild flowers represent freedom, freshness, and natural beauty, symbolizing a disregard for the highly organized beauty of artificial flower beds or plastic flowers. If many flowers are growing in your dream, this

indicates feelings of well-being and optimism. The opposite will be the case if the flowers are dying or wilting. Do nature's simple charms have great meaning for you, with your dream of wild flowers indicating the need for a simpler life? Or do you feel you are about to flower and fulfill your potential? Dreamers picking wild flowers may be turning away from their partner.

Cut flowers are unable to give pleasure in their natural setting and therefore may suggest artificiality and appearance over substance. Because flowers are a symbol of sexuality, fake or artificial flowers in a dream may suggest that those whom you think of as friends are actually showing you a false face or persona. On the other hand, flowers in a vase suggest a showcasing of your inner beauty or something that facilitates your personal development. If you were arranging flowers in a vase or in a floral arrangement, try to remember if you did so carelessly or with great care. The positioning of flowers in dream floral arrangements can indicate how we unconsciously relate to others. If your arrangement was artless or careless, you have a casual approach to relationships with others that may leave others feeling unimportant to you. If you took extreme care with the arrangement, this can either indicate a positive, caring approach to relationships with others or controlling and manipulative tendencies. And if dried flowers appeared in your dream, this suggests that past relationships may be more important to you than the people with whom you are currently interacting in waking life.

Withered or Dead Flowers

To see withered or dead flowers in your dream denotes disappointments and gloomy situations. You may not be utilizing your full potential and talents. If you receive wilted blooms in a dream as a gift from someone you know, think about the nature of your relationship with that person; your unconscious might have detected that the relationship is weakening. Similarly, if you are pricked by a hidden thorn in a bunch of roses given by a colleague who was congratulating you in a dream scenario, is it possible that they are concealing real feelings of resentment toward you in waking life? If you gave a bunch of dead flowers to a difficult or strict former schoolteacher, could this highlight your extreme dislike of that person? To see flowers blooming in barren soil, however, signifies that your energy and cheerful nature will enable you to overcome your grievances.

Individual Flower Meanings

If a specific type of flower appears in your dream, the first step on your road to interpreting it is to find out whether it awakens a personal association. For example, daisies may trigger happy memories of childhood when you spent hours in the sunshine with your friends making daisy chains, whereas lilies may trigger unhappy memories because they bedecked a loved one's funeral. If, however, the flower in your dream evoked no special memory, then your unconscious may have tapped into the universal symbolism associated with certain flowers. In past times, each individual flower had a traditional meaning and your unconscious may be accessing this knowledge to illustrate a point or convey a message to you. This is especially true if you are given flowers or are giving flowers to another person.

If you are intrigued by the possibility that a specific flower in your dream may be sending you a message, the information below may help. It might also be worth researching the medicinal, historical, and secular associations of the flower, as well as its spiritual symbolism. Another tip is to take the name of the dream flower into consideration as your dreaming mind may, for example, have featured a rose to remind you of a special friend called Rose, or if you dreamed of a bleeding heart wilting, is someone close to you heading for a broken heart? Don't forget, however, that a specific flower may have individual meanings for you, so if the emphasis in your dream seems to be on one particular species, try to recognize any possible personal connections first.

Anemone

Anemones are known as wind flowers and are named after the Greek god of the wind, Anemos. The red anemone is said to have sprung from the spot where a drop of blood fell from the god Adonis, who represents death and rebirth. In dreams this represents mental awareness/acuity.

Bluebell

Bluebells thrive in woodlands and, like all flowers with bells, they represent the bringing of news to the dreamer; before the introduction of modern communication systems, bells were traditionally rung throughout Europe to announce news.

Buttercup

Often associated with the carefree days of childhood buttercups with their

bright yellow head represent simple pleasures and the shining optimism of the golden sun.

Carnation
In dreams, the carnation may refer to passion but is more likely to refer to the part of yourself that is socially correct and overly concerned about appearances.

Chrysanthemum
The chrysanthemum is an autumnal flower and its petals evoke the rays of the sun. If this flower appears in your dream, it may suggest longevity and mature wisdom. In traditional Chinese belief, the chrysanthemum also symbolizes the virtue of scholarly retirement, so your unconscious may have been urging you to study harder for an exam that you may be facing in the real world. On the other hand, because the chrysanthemum appears on Japan's imperial crest, does Japan hold any significance for you?

Clover
This three-leaved plant evokes feelings of well-being and security, as suggested by the phrase 'living in clover'. A four-leaved clover is a universal symbol of good luck and, if it appears in a dream, it may reveal optimism or overreliance on chance.

Cornflower
As cornflowers are a delicious shade of blue, the color symbolism may suggest calmness and serenity. On the other hand, cornflowers are often presented as dried flowers, suggesting that an aspect of the dreamer's life has been crushed, damaged, or destroyed.

Daffodil/Narcissus
The cheerful yellow petals of the daffodil bring brightness to spring, when it is one of the first flowers to appear, showing that winter is over. Because of this it is a symbol of hope and renewal. Therefore if a daffodil appears in your dream, you may be entering a new phase of your life. On the other hand, you may urgently need an injection of cheerfulness and optimism to brighten your life. The smaller form of daffodil, traditionally known as the narcissus, warns against self-centeredness and not to confuse shadow for substance.

Daisy
Plucking petals from a daisy may indicate being undecided or unsure of something. It can also indicate a need to lighten up, or it may be slang for a homosexual or something that is excellent. On the other hand, daisies are often regarded as childhood flowers; if they appear as daisy chains, bracelets, or necklaces, it may suggest a desire for the security and innocence of childhood. Another interpretation indicates that something is dead, buried, or needing to be released, as in pushing up the daisies.

Forget-me-not
A symbol of lovers or friends who are separated, the forget-me-not relates to your personal relationships. Do you feel that a lover or friend has been less interested than normal or is neglecting you?

Foxglove
The elegant foxglove is known as the flower of insincerity. Within the bright exterior of the foxglove is a substance called digitalis, a natural heart stimulant that is used as a cardiac medicine but can kill if given in high doses. This is why the foxglove is sometimes called dead man's fingers. Do you need some form of stimulation for the heart? Foxgloves are also called finger flowers because the flowers are like the fingers of a glove. When you dream of foxglove, think of the significance of a glove; a glove can protect, as well as conceal, a hand. Is there something you are trying to keep hidden? You should also consider the symbolism of the fox. Are you being stealthily or crafty in pursuit of your desires, or are you foxed or puzzled about anything at the moment?

Geranium
The geranium is a symbol of a renewed sense of optimism, so if you dream of one, a recent quarrel may not be as serious as you originally thought.

Iris
In Greek mythology, the gods let down a bridge or rainbow between earth and heaven so that the goddess Iris of the rainbow could act as a go-between to ease discord between men and gods. Dreams of irises may therefore be referring to your role as a peacemaker or the need for you to make peace with someone. In addition, the iris is often depicted as a fleur-de-lis, a symbol of

France that shares the symbolism of the lily, indicating purity, peace, and resurrection. The tall stem and swordlike leaves of the iris add male sexuality to the female bloom; as a result, the Iris is often associated with the animus or masculine aspect of femininity. The common yellow iris is often called the flag iris. If you dream of a yellow iris, it may mean that you want to call attention to, or flag, something about which you are concerned. On the other hand, does your dream iris refer to the iris in your eye? Are you seeing clearly what is going on around you?

Lily

If you dreamed of a lily, you may associate it with a wedding (where it denotes hope and innocence) or a funeral (where it denotes mourning); in dreams, lilies are also associated with purity, peace, and rebirth. It is the sacred flower of all the virgin goddesses in mythology. Christ told the Jews that Solomon, their monarch, dressed in all his sumptuous finery, could not equal the majesty of the lilies and told them to consider the lilies of the field – beautiful but unadorned. The beautiful white arum lily is associated with death or transformation. Lily of the valley, also known as fairy bells, was associated with witches as it was used for healing, so your dream could be linked to some form of healing. If you dream of lilies in a church, could they be linked to a wedding or a funeral? Or does the image you need to project in waking life need to be more elegant, cool, and remote? On the other hand, they may also indicate being lily-livered or cowardly.

Lotus/Water Lily

The lotus or water lily was regarded in ancient Egyptian mythology as the primal flower, the source of creation. In Buddhism, it is the symbol of the individual's spiritual development, of consciousness rising from the muddy depths of ignorance and opening to the full glory of enlightenment. The Buddhist thousand-petaled lotus symbolizes the final revelation and enlightenment. Both associations may apply to a dream of this flower. The dream may refer to a spiritual transformation or to a birth within. Are you using all aspects of your creative power or does your dream lotus inspire renewed interest in spirituality? Does it suggest the lotus position from yoga to you? A lotus fruit may also represent being forgetful.

Orchid

The orchid derives its name from the minor Greek God Orchis, meaning testicle; as a result, the orchid is often considered to be a symbol of fertility. Its fragile beauty has also made it an image of perfection, admiration, and wealth, evoking feelings of sexuality in dreams. Consider also the riches and beauty surrounding you. Do your dream orchids symbolize a sexual relationship? Orchids need great care if they are to flower – and if they do, the flowers may last for months on end – so do you feel that, like an orchid, a relationship of a project of yours needs special care to reach its full potential?

Pansy

The pansy, also called Cupid's delight, love in idleness, and heartsease, represents undying love.

Poppy

The poppy is a symbol of death and regeneration. Remembrance Sunday is known as Poppy Day in Britain because people wear plastic or paper poppies as an act of remembrance for those compatriots who have died serving their country in war. In the United States, Veterans Day serves the same purpose and people likewise wear poppies for remembrance. Sleep and unconsciousness are also associated with the poppy. This is because opium, from which morphine and heroin is made, is extracted from the unripe seed-head of the opium poppy. Are you in need of rest and relaxation? Are you getting enough sleep? Because the poppy produces an abundance of seeds, the flower is also associated with fertility and new beginnings.

Rose

The rose is universally used to symbolize love and passion. As the flower of many goddesses, it also suggests femininity, beauty, and fertility. In dreams, roses typically suggest romance, given that they symbolize your heart, the love and beauty that you hold within and your inner rose. Common everyday idioms might point to other general interpretations. To be in a 'bed of roses' can indicate a situation of ease, luxury, or comfort; to do something 'under the rose' suggests a meeting conducted privately or secretly; 'smelling the roses' hints at an appreciation of beauty, while 'coming up roses' might mean a good outcome or a prosperous turnout.

Be sensitive to the different meanings that both roses and colors have in different countries or regions. White roses are generally thought of as

symbols of purity and virginity, so if you dream of them it may represent a yearning for innocence. But white is also the shade of mourning in many parts of Asia, so for some dreamers the image may provoke the quite different feelings of loss or bereavement. The red rose may symbolize desire and passion, but it is also the national flower of England, although both the white rose and the mixed white and red Tudor rose are sometimes used as well. In the United States, different roses have very different functions: yellow roses are given for friendship, white roses are the flowers of weddings, while red roses are appropriate at funerals.

Roses, their constituent parts, and the places they grow can therefore suggest a host of often contradictory meanings. A rose garden is a symbol of paradise, so if you dream of being in a rose garden, this may indicate happiness in your waking life. Roses, however, also possess thorns. In dreams, a rose with thorns may indicate a thorny problem with which you need to grapple to gain the reward promised by the rose. In this context, a dream of thorny roses may indicate conflict within a romantic relationship. Does a fragment of your dream conceal a thorn or danger that is a threat to you? Finally, if you are given roses in a dream, consider their number and color. Twelve red roses may be a sign that the giver is in love with you.

Snowdrop

One of the first flowers of spring, the dainty white snowdrop symbolizes hope, new life, and fresh opportunities after a period of darkness. In Victorian Britain, the snowdrop was called the flower of friendship because it pushes through the snow each spring, acting as a sign that winter is coming to an end. If a snowdrop appears in your dream, could this represent a glimmer of hope after a difficult time? Have you been unwell and are you finally feeling better now?

Sunflower

A symbol of the sun, and representing prosperity, abundance, and brightness, the sunflower may indicate your inner light, joy, or self-expression in a dream. However, as the sunflower always turns in the direction of the sun, it may also indicate an overreliance on the advice and guidance of others. Along with the lotus, however, this flower is most often associated with insight, intuition, and optimism.

Tulip
The colorful tulip is a symbol of fertility. It is the emblem of the Turkish House of Osman and the national flower of Holland, where over 5,000 varieties are grown for export all over the world. In Chinese symbolism, the tulip is associated with harmony and refinement, often suggesting the perfect man. If a tulip appears in your dream, is this a sign that you need more color in your life? Or are there links with Holland, Turkey, or China in your dream?

FLUTE Wind instruments express extremes of emotion and excitement. Because of their shape, they are sometimes associated with masculine virility. The flute expresses the sound of the spirit and as such it can be a symbol of both joy and sorrow.

FLYING Dreams of flying are very common and vary from dreamer to dream. Most typically dreamers don't go on long, high flights; instead they hover about a hundred or so yards from the ground. The most simple explanation of these kind of dreams was put forward by English physician Havelock Ellis in his book *The World of Dreams*, in which he suggests that it is our breathing while asleep that suggests the idea of flying (and falling) to the unconscious mind. Freud suggested that dreams of flying were nothing else but the desire for sexual freedom, and the idea that dreams of flying are associated with sex is shared by some other dream researchers. However, as with all dreams, there can be many interpretations.

Flying dreams and the ability to control your flight can be representative of your own personal sense of power. If you are flying with ease, and enjoying the scene and landscape below, then it suggests that you are on top of a situation. You have risen above something. It may also mean that you have gained a different perspective on things. Having difficulties staying in flight indicates a lack of power in controlling your own circumstances. You may be struggling to stay aloft, and stay on course. Things like birds, trees, or telephone poles may further obstruct your flight. These obstructions represent a particular obstacle or person standing in your way in your waking life. You need to identify who, or what, is preventing you from moving forward. If you are feeling fear when you are flying or feel that you are flying too high, then it suggests that you are afraid of challenges and of success. Are you trying to

rise above something in waking life? Are you developing an idea? Are you flying in the face of fortune? Flying into a rage? Flying off the handle? Flying high?

FOG Fog and mist are symbols of confusion, or of an inability to make progress and see the way ahead. They also suggest lack of clarity and that emotions are clouding your judgment and making you feel uncertain. If the fog lifts in your dream, this is a positive sign. If you sense that the light is about to break through, this suggests a state of expectation rather than confusion.

FOLLOWERS

See **SOCIAL MEDIA**.

FOOD In some cases, dreams that focus on food and drink may arise out of nocturnal hunger or thirst but, more often than not, such dreams provide symbols that refer to other appetites; these could be, for example, our desire for spiritual, emotional, and intellectual nourishment, or for sensory or sexual gratification. For Freud, food represented sexuality because he considered the mouth to be the primary erogenous zone. Most dream analysts, however, follow Jung's lead and suggest that dream food represents the qualities you are taking in, or need to take in, to yourself for personal, emotional, and spiritual development. In other words, the dream is trying to compensate for your feeling of being malnourished in some aspect of your waking life and it could be pointing to a physical, intellectual, spiritual, or emotional source for this hunger.

Dreams of being thirsty, drinking, or drunk, cooking, comfort eating, or dining out, fasting, or gorging can send you powerful messages about your current state of psychological well-being. If a specific food was highlighted in your dream, this might also be significant; different types of food can mean different things. As always when interpreting dream images, it is important to examine what your personal associations with that food are first.

Cooking

If you were cooking in your dreams, the chances are that your family or partner rely on you to give them comfort and support; it may be, however,

that you do not, or cannot, give these to them, and so your unconscious might be urging you to do so. How did you feel when you prepared the meal; contented or resentful? Because a cook transforms raw materials into something edible, is there something you are cooking up in real life, a plan that has been simmering in your mind? If you were baking, what have you been cooking in your dream oven? An idea, perhaps, or could your dream image be expressing your desire for children, as in the phrase ‘bun in the oven’?

If someone else was cooking for you or helping you in the kitchen, you may regard this person as a source of emotional support. A cookbook denotes the many opportunities and ways you can use to reach your goals. To dream of a cooking school represents a means of becoming aware of the many ways you can offer your help and support to others in life.

Dieting

A dream of abstinence from eating may suggest that you have been taking on too much in waking life. If you dream of being on a diet, you may be telling yourself to limit your emotional involvement in someone or something. If you suddenly ballooned to obesity in your dream or became waif-like and starving, such scenarios all point to poor body image. If you aren’t preoccupied with your weight in waking life, such dreams may suggest a feeling of being dragged down by weighty problems that you long to shed. Or perhaps you are indulging yourself or getting obsessed with a hobby or a job and your waking life has become unhealthily unbalanced. On the other hand, if you are studying, you may feel as if you have taken in so much information that you are fit to burst.

If you are too thin in your dream, have you been starved of vital nourishment recently – intellectual, emotional, sexual, or spiritual – in waking life? If someone is withholding food from you in the dream or preventing you from eating in some way, they may be the cause of emotional malnourishment or are perhaps trying to protect you from self-destructive habits. If you suffer from food poisoning in your dream, is there anyone you know who might be trying to poison your mind by feeding it toxic thoughts? Or are you poisoning yourself with an unhealthy diet and lifestyle, perhaps with little or no exercise and a high alcohol, nicotine, caffeine, sugar, salt, additive, and saturated fat intake?

Eating

Freud associated eating with sexuality insisting, for example, that dreams about fruit were always about women's breasts or buttocks. But it is true to say that dreams about eating do often have a sexual implication. The ancients believed that, because of their shapes, certain types of fruit and vegetable were aphrodisiacs; these associations linger to this day. Your physical actions in the dream may also be significant; sucking and licking food, for example, probably have a sexual reference. Biting and chewing food can also have a sexual reference, but they may also refer to your ability to absorb new information. Eating might, in addition, represent a need to be more body conscious or grounded in material reality.

To dream that you are eating alone signifies loss, loneliness, and depression. Alternatively, eating alone may reflect your independent nature. Also consider the pun 'What's eating you up?' in reference to any anxiety that you may be feeling. To dream that you are eating with others denotes prosperous undertakings, personal gain, and joyous spirits. To dream that you are overeating suggests that you have an indulgent sexuality or lifestyle, or that you have been expending too much emotion and effort recently; dreams of not eating enough, on the other hand, signify a denial of sexual needs or a lack of fulfillment in your waking life.

Dreaming of eating in uncomfortable or frightening surroundings may represent unhappiness with your relationships. Dreams of desperately seeking food or even becoming food yourself may underline the message that you have voracious appetites in waking life that are not being satisfied. Your hunger may be a symbolic cry for more attention, love, power, or status. An alternative explanation is that eating suggests qualities you are assimilating or making part of yourself. This may refer to nourishment of the emotions, senses, or the mind. Hunger sharpens the appetite, so ask yourself what it is you are hungry for. Could it be the comfort of a fulfilling relationship, a stimulating job, or is it food for thought, such as intellectual stimulation? What is currently missing from your real life that is important for your emotional well-being? What whets your appetite for life?

The type of food you are eating is important, as is its quality. If you were eating leftovers in your dream, are you losing out in some way in waking life? If you enjoy a dream dinner with friends, are you feeding off other people's ideas? If you were attending a banquet or feast, are you feeling comfortable with yourself and your lifestyle right now? Were you being

force-fed or was the food taken away? All these details will help you relate the particular type of food or drink to an appetite or desire in waking life.

Food for Thought

The following foods have specific symbolic meanings but remember that whatever you eat in a dream is likely to correspond with your food preferences in waking life first and foremost; so, for example, if you hate mustard but find that it tastes good in a dream, this may refer to a difficult experience that is good for you. The interpretation would differ if you loved mustard perhaps suggesting a period of overindulgence.

Bread

To see bread in your dream represents the basic needs of life, or aspects of things or people that sustain you. Bread may also signify the positive qualities and great things you have learned on your journey of life. A breadbasket denotes those aspects of life that contribute to your sustenance, a breadboard refers to life aspects that support your livelihood, while a breadbox portrays the energy you put into your livelihood. Breadcrumbs suggest a tiny amount of something and a breadline denotes a lack of emotional necessities. A bread machine suggests the ease of making a living or that which comes easily to you, whereas a bread mold suggests a possible need to change jobs or approach your existing job in a new way. A breadstick represents things that you may overlook in real life, while a breadwinner characterizes someone who does the work.

Breakfast/Lunch/Supper

If the foods in your dream are breakfast foods such as cereal and toast, these may suggest your attitude to a new project. It is worth recalling how these foods were eaten. Was there an atmosphere of calm or was the meal rushed? This can have implications for how you are feeling about a new stage in your life. Alternatively, your mind may already be thinking ahead about what to make for breakfast in the morning. It is not uncommon for your fleeting thoughts to be incorporated into your dream.

If a lunch features in your dreams, this implies a need to take time out from your daily efforts to revitalize yourself. The appearance of a dream lunchbox could be urging you to get as much done as possible or economize financially. Supper pertains to a need to revitalize and energize yourself,

whereas dinner connotes your main source of nourishment. The dinnerware used will portray your personal perspective toward nourishing yourself. A dinner dance suggests the joyful, nourishing benefits. A dining room usually suggests a concentrated and enjoyable manner of being nourished, whereas a dining car corresponds to a need to pay attention to your emotional needs while on your life journey. If you enjoy a snack in your dream this implies rejuvenation or the re-energizing of yourself.

Butter

To see or taste butter in your dream suggests that you are looking to be gratified in some area of your life. It suggests the richness of simplicity and the unaffected perspectives that come with it. You need to indulge yourself in life's simple pleasures. Bread and butter mean your livelihood, that which provides your basic needs, while butter and eggs represent optimism. Butterball portrays excess, an overblown or fattened aspect of yourself, whereas a butter churn denotes aspects that create life's simple riches. Buttermilk refers to life's spiritual rich rewards. Butternut points to receptivity to others and butterscotch flavor suggests something that has a rich flavor to it, rich as in emotional intelligence. Be aware too of the phrase 'butter fingers', which suggests that you have let something slip through your fingers and denotes a need to get a grasp on some important aspect of life. Margarine implies an effective substitute for the dreamer to use.

Cake

To see a cake in your dream suggests that you are learning, or need to learn, to share and delegate your workload instead of trying to do everything yourself. Cakes also indicate the feeling of not getting your fair share. On the other hand, the dream may represent your accomplishments and achievements. Consider also the metaphor a 'piece of cake' or some situation that is easy. To see a partially eaten cake in your dream signifies missed and lost opportunities. To dream that you are buying a cake suggests that you have accepted the rewards and recognition you deserve for your work, and are learning to enjoy your moment in the spotlight. A dream cake pan refers to that which assists you in achieving your goals, and a cakewalk suggests a sure thing, something that is easy to accomplish. To see a birthday cake in your dream represents your willingness to let people in and share your life with others. If you see a cake that isn't a birthday cake, this pertains to a

shared goal. Did you get your slice? To dream that you are baking muffins denotes that you are a hard worker and will reap the fruits of your labor. To dream that you are eating muffins represents the factors in your life that make you feel secure.

Candy
To see or eat sweets or candy in your dream symbolizes the joys, sweetness, and special treats of life. It also represents indulgence, sensuality, or forbidden pleasures. Is life sweet at the moment? A candy store indicates the varied methods that are available for experiencing life's joys. A candy wrapper suggests recently experienced joys that should not be so easily forgotten.

Cheese
To see cheese in your dream indicates potential profit and gain in waking life. Cheese spread denotes a false impression or something which is a poor substitute for the original. Cheesecake, on the other hand, suggests a rich reward and the expectation of satisfying outcomes to events that lie ahead.

Chocolate
According to Freud, to see chocolate in your dream signifies self-reward. It also denotes that you may be indulging in too many excesses and need to practice some restraint, as chocolate is a temporary pleasure that might bring guilt and other negative effects later on.

Cookies
In dreams, these treats suggest small rewards. To dream that you are stealing biscuits or cookies signifies that you will let trivial problems and minor disputes annoy you. To dream that you are baking biscuits or cookies signifies feelings of optimism or an increase in productivity. A cookie cutter stands for repetitiveness and lack of original thought. A cookie jar connotes goals you are trying to reach, while crackers in dreams suggest small benefits or considerations.

Corn
To see corn in your dream signifies abundance, growth, and fertility. Also consider the pun that something is 'corny'. Cornbread and corn on the cob

represent nourishment through personal efforts. Corn chips signify small benefits in life, a cornfield signifies an abundance of inner strength, cornflakes and corn oil suggest motivation and new beginnings, while cornflour stands for inner strength.

Dessert

To see a tasty dessert in your dream represents indulgence, celebration, reward, or temptation. You are enjoying the good things in life. Whenever you dream of savoring sweet treats such as honey, biscuits, pies, cakes, or desserts, your unconscious may be expressing satisfaction with your circumstances at present or, in some cases, compensating you for their bitterness. To dream that you are eating raisins could suggest a damaging lack of self-confidence but it could also suggest nourishing benefits that are as unexpected as they are welcome. If molasses features in your dream, this defines a factor in your life that can provide much-needed energy or motivation; this factor may well appear as a result of the hospitality of others. To see popcorn in your dream suggests that you are full of ideas. It may also indicate that you have developed an idea that is now accomplished and ready to make its mark on the world.

Eggs

To see or eat eggs in your dream symbolizes fertility, birth, new beginnings, and your creative potential. To find a nest filled with eggs in your dream signifies some financial gain; the bigger and more abundant the eggs, the more significant the gain. To see an egg hatching could refer to a new idea gestating in your mind. To see cracked or broken eggs in your dream denotes potential misfortunes and feelings of vulnerability. Alternatively, it could mean that you may be breaking out of your shell and being comfortable with who you are. To see brightly colored eggs in your dream symbolizes celebration of a happy event, but to dream of rotten eggs signifies loss. You may have allowed some situation to take a turn for the worse. To see fish eggs in your dream represents an idea that has emerged from your unconscious.

Consider also the verbal expressions associated with eggs. Are you putting all your eggs in one basket by taking an all-or-nothing gamble? Or have you had egg all over your face when you did something recently that made you look stupid. Dream omelets suggest aspects connected to

something in waking life with which you are directly associated. It may signify a mixing up or blending of elements regarding a relationship, situation, event or perspective.

Fish
In dreams, fish symbolize spiritual aspects of your life, so to be eating a fish in your dream suggests a desire for spiritual nourishment and inspiration. Fish oil stands for a highly beneficial characteristic or element. Consider also the word association of 'fishy', meaning suspicion and a questioning sense regarding something. To see shrimps in your dream suggests that you are feeling overpowered and insignificant.
See also **FISH**, **REPTILES**.

Frozen Food
Different types of food can symbolize a wide range of things. Generally, frozen foods may be a reflection of your cold emotions and frigid ways. They could also signify hidden potential that is not being utilized or from which you have not benefited.

Fruit
To see fruit in your dream most often points to the nourishing and beneficial effects of using your talents to help others. To see green fruit in your dream denotes your hastiness and impatience, while to see ripe red fruit denotes lust and sexuality. To see a fruit basket signifies help given or received. To see or eat rotting or bitter fruit suggests that you are missing opportunities for personal growth and pleasure. To dream that you buy or sell fruit signifies personal satisfaction but it may also imply much business but insufficient financial reward. A fruit cocktail constitutes a multitude of benefits but a fruitcake may suggest a lack of logic and reason. In general, fertility and readiness are associated with ripe and succulent fruit. To see fruit in your dream may therefore signify a period of growth, abundance, sweet reward, and financial gain. However, if you dream of fruit that is past its ripeness, it is said to represent a missed opportunity or a loss of fertility.
See also **FRUIT**.

Ice Cream
To dream that you are eating ice cream denotes pleasure and satisfaction with

your life. On the other hand, dream ice cream may also indicate double standards; someone who is aware of the truth but doesn't act upon their knowledge. To dream that you are eating ice cream that is tasteless, sour, or melting signifies sorrow, disillusionment, or betrayal. An ice cream cone implies spiritual aspirations that are internalized but not shared with others. An ice cream maker illustrates your ability to grow spiritually but that you have few opportunities to express this growth. An ice cream parlor applies to opportunities to share your spirituality. An ice cream sandwich suggests spirituality that is hidden by physical or material aspects. An ice cream soda implies spirituality that is not demonstrated to others.

Legumes

To see legumes, peas, or beans in your dream symbolizes small annoyances and minor problems. Recall what the legume was associated with in the dream. Pea soup pertains to a cloudy perspective or unclear view, while to see lentils in your dream signifies that your surroundings are emotionally straining.

Lollipops

To see or lick a lollipop or gobstopper in your dream indicates surprises, new experiences, and adventures that are long lasting. It also represents indulgence, sensuality, and the pleasant aspects of life. Alternatively, the lollipop may be a pun for 'sucker', and thus suggests someone who is easily manipulated. Your dreaming mind may be warning you to proceed with caution in some relationship or situation.

Meat

To see raw meat in your dream refers to solid basics and highly nourishing elements. To see cooked meat in your dream may suggest that you will see others obtain the object for which you have been striving. To dream that you are eating meat signifies that you are getting to the heart of the matter. Consider also whether you have been chewing over a meaty or substantial piece of information in your waking life. If beef figured in your dream, are you in a stew, or troubled by something? Alternatively, if you carved the meat, even though you may be a vegetarian, could you be yearning to savor the sins of the flesh? And if you relished the taste of a dream curry, do you long to spice up your life?

Meat and potatoes in your dream suggest a preference for the basics or bare essentials of an issue. Meatballs indicate irrationality or the times when you lose your reason. A meat loaf represents the combining of basic ideas or elements. A meat packing house illustrates the quality of the fundamental concepts or basic ideas that you have digested. Recall the condition of the factory; was it clean, or were there rodents and bugs? Consider also the type of meat you eat. If you are eating dream beef this may warn you against the ready acceptance of new (raw) ideas. Chicken points to a lack of faith or confidence in oneself. If you are eating lamb, do you long for spiritual sustenance? To dream that you are eating ham signifies over-emotionalism, dramatics, and theatrics.

Oatmeal

In dreams, grains such as oats suggest life aspects that have the ability to bring emotional, mental, or spiritual nourishment. To dream that you are eating oatmeal signifies something in life that comforts and nourishes you. To dream that you are cooking and serving oatmeal signifies that you are comforting and nourishing to others. To see rye or fields of rye in your dream symbolizes rejuvenation and prosperity in your future. To see or eat rye bread in your dream foretells of a cheerful and tranquil home.

Oil

If you dream of cooking oil, this indicates a lack of abrasiveness and friction, because oil is a substance that soothes and eases, an essential element to keep things going smoothly. If you drizzled oil over your dream food, are you trying to smooth things over in waking life or are you pouring oil over troubled waters, perhaps because you are trying to keep the peace in some way?

Oysters

To dream that you are eating oysters signifies that you will lose all your senses and morality in the pursuit of low pleasures and indulgences. To see oysters in your dream symbolizes beauty, wealth, wisdom, and a laid-back atmosphere. On the other hand, dream oysters can also represent shyness or social anxiety, reflecting your inner fears of anything new or of having to interact with others. It can also indicate the wisdom gained from deep introspection and the resolution of inner conflicts.

Pasta
If pasta features in your dream, this suggests a basic or important aspect of your life. If you see pasta, noodles, or macaroni in large quantities it may also suggest a need to economize, and save money. A pasta fork stands for a desire to stop an issue becoming complicated by keeping the elements separate.

Pepper
To dream about pepper suggests that you need to make some kind of response or decision in waking life. Alternatively, it may indicate that you need to put a little more spice and variety in your life. It may also indicate that there is something that is bothering or irritating you; your dream may be trying to point to the source.

Pie/Pizza
Dream pies indicate potential reward for your hard work. They also suggest that you may have been reaching beyond your abilities or they could be a metaphor for getting your fair share, as in your 'piece of the pie'. To see or eat pizza in your dream may represent abundance, choices, and variety in waking life. Alternatively, it may indicate that you are lacking in, or feeling deprived of, something.

Potatoes
To see potatoes in your dream symbolizes an essential or basic element in your life, since potatoes are basic nourishment. It may also suggest laziness or stupidity. To see or eat mashed potatoes in your dream suggests that you are experiencing concern over your financial affairs. Potato skin relates to the most potent aspect of a situation or the place where the greater number of benefits can be found. To see or eat crisps or potato chips in your dream symbolizes overindulgent behavior. It can also relate to the various methods you use to satisfy a basic need. To see a pretzel in your dream symbolizes twisted perceptions or confused thought processes concerning a relationship or situation in waking life. It may indicate that you are preoccupied with some complex issue and are not sure how to handle it.

Preserves/Pickles
To dream that you are eating marmalade or preserves reflects a tendency to

maintain fundamental elements of something, not losing sight of all of an issue's various factors. To dream that you are making marmalade denotes an unhappy domestic life. To dream that you are eating jam signifies a troubling situation but, by contrast, to dream that you are making jam suggests a happy home life. Consider also the pun 'caught in a jam', which means that you may find yourself in something of a fix. To dream that you are eating jelly or jelly beans refers to small blessings that may be overlooked in waking life. A jelly roll suggests a person who is superficial and frivolous. To see a pickle or gherkin in your dream signifies some anxiety, fear, or realization that must be faced, accepted, or resolved. Are you in a pickle in the real world? Alternatively, a pickle may be seen as a symbol for the penis.

Rice

To see grains of rice in your dream is a symbol of success, prosperity, luck, fertility, and warm friendships. To dream that you are cooking rice signifies that new responsibilities could bring you much joy. To see rice mixed with dirt in your dream signifies illness and separation from friends. Other cereal crops such as maize, wheat, and corn have a shared symbolic significance when they appear in dreams, one that emphasizes the message denoted by the harvest of dream fruit. If the crop appeared healthy and plentiful and you enjoyed eating or tasting it in your dream, this is a reflection of your optimism that will reap a rich harvest or rewards in waking life. But if the crop was blighted or scarce, you are probably unconsciously aware that there are hard times ahead.

Salt

To see salt in your dream represents added flavor and a new-found flair for the varied experiences of life. Salt is said to be the essence of life, so if you dreamed of sprinkling salt all over your food, what is essential in your life? You may be experiencing an elevated sense of individual worthiness and an increased zest in your life. Alternatively, salt also symbolizes dependability, truth, dedication, and longevity. If salt and pepper figure in a dream this signifies duality and a balance of positive and negative elements. A salt shaker relates to an opportunity you may have recently had to improve a situation or a relationship.

Sandwich

To see a sandwich in your dream suggests that a lot of pressure and stress is being put on you. It represents a boxed-in feeling such as may be provoked by a situation, relationship or belief that has a confining effect. It also reflects your ability to do two things at once. To see or eat a fish sandwich in your dream indicates conflict between your spiritual beliefs and what is practical.

Spices/Condiments/Herbs

To dream of spices or herbs suggests you need more variety in your life. You need to look at a situation or relationship from a different perspective. To dream of growing herbs suggests self-advancement through hard work but the dream may also refer to your health. Many herbs have symbolic meanings that go back centuries and, as a result, most individual herbs have specific symbolic meaning in dream lore.

For example, the ancient Romans offered wreaths of bay leaves as a symbol of triumph and peace, and they also used to strew rose petals, a symbol of both love and victory, on the paths of wedding parties and victors of war. In Britain, rosemary was called 'Rose of Mary' in memory of the Virgin Mary, and in Shakespeare's *Hamlet*, Ophelia says, 'There's rosemary, that's for remembrance, pray you love, remember.' In accordance with this association of rosemary with remembrance, the herb was once placed on the graves of loved ones. To see sage in your dream constitutes rejuvenating elements in your life, but it could also signal the need to be 'sage', or wise, when taking a decision that is preoccupying your waking mind. Marjoram is thought to absolve and purify, rue reflects the bitterness of loss, while thyme is seen to represent 'love forsaken'. If garlic features in your dream, this refers to your personal defenses against negative aspects or forces in your life. The dream may, in addition, have referred to garlic's medicinal properties and the need to take better care of your health in waking life.

To dream that you are eating gravy suggests that something in your life will happen more easily than you expected. Alternatively, it may suggest health problems and business disappointments. To dream of vinegar indicates worrisome and negative matters in real life; it may indicate that you are the object of jealousy. If ketchup features in your dream, this suggests that you in need to spice something up in waking life. To see mustard in your dream signifies a desire to improve your prospects in life. On the other hand, it could denote some hasty action for which you are suffering and now bitterly regret. Or are you hoping to 'cut the mustard' and satisfy your own

expectations in a forthcoming challenge in real life? Mustard seeds will most often indicate a new idea and your desire to plant, tend, and realize its harvest.

Sugar
In dreams, sugar expresses an energizing element in your life or it may indicate a highly desirable aspect of something, a sweet benefit, or a pleasing outcome. To see syrup in your dream symbolizes sentimentality and nostalgia. Alternatively, you may have found yourself in a sticky situation. If you are using an artificial sweetener in your dream, this suggests an effort to be optimistic and upbeat that is not working very well.

Vegetables
Vegetables (and fruits) are a vital source of nourishment in the real world, and in dreams their reference is usually to feeding the emotions rather than the body. You are thought to be concerned with nourishment, fullness, or abundance if you dream of vegetables; or feel you are lacking these things if the vegetables are spoiled or of poor quality. According to Freud, dreams that feature vegetables and fruits may be of a sexual nature, depending on the shape of the vegetable and your feelings in the dream. For Jungians, vegetables are symbols of personal growth indicating the need for spiritual nourishment.

Interpreting the symbolism of fruits and vegetables in your dream depends on how you feel about them in daily life; whether you like them for their taste and nutritional value, or find them dull and boring. You may be projecting a need to feed your body or soul, or reflecting on a dull and not very satisfying part of life. The number, shape, color, taste, and type of vegetable or fruit and the overall content and feeling of your dream also need be considered.
See also **FRUIT**, **VEGETABLES**.

FOOTBALL
See **TEAM GAMES**.

FORGET-ME-NOT
See **FLOWERS**.

FOREIGN CITIES Foreign cities in dreams have similar interpretations as foreign countries in general, but by choosing a specific city, your dreaming mind is drawing your attention to something about that city that is of particular significance or meaning to you. This list is solely designed to give you some pointers, so if your dream city doesn't appear here, or you want to find out more, it might be worthwhile to do some additional research on the history, culture, and significance of specific cities that appear in your dreams.

Bangkok
Busy, crowded, and beautiful, Bangkok is a mixture of old and new and famous for its Buddhist temples. In dreams, it could be urging you to use your past experience to deal with a present situation.

Barcelona
Barcelona is one of the world's most dynamic, cosmopolitan cities – and one of the most progressive. Widely famous for its architectural attractions, Barcelona lives on the edge of fashion, design, and music, and its dining and nightlife reflect the same cutting-edge modern tastes. Could a dream of this Catalan city be urging you to revamp your image or add some variety to your life?

Berlin
The Berlin Wall signifies the destruction of walls built to separate or segregate peoples; if you dream about it, have you recently enjoyed the fruits of some thaw in relations with a disliked figure in your life – or in yourself?

Istanbul
Historically, Istanbul is famous as one of the most besieged cities in the world, so could a dream set in Istanbul mirror conflict or invasion of personal space in your waking life?

London
Tradition, history, and monarchy are associated with London. Do any of these meanings have significance to you?

Los Angeles
Hollywood and movies dominate associations with Los Angeles, so could

you be yearning for more attention or action in waking life?

Moscow
The capital of Russia, Moscow can be a very cold place and if it features in your dreams, perhaps you have been a little cold or distant lately. Is it time to bring warmth and emotional depth into your life?

New York
Excitement, opportunities, shopping, and glamor are all associated with New York; on the other hand, it has always been associated with crime, and is now – after 9/11 – associated with terror and destruction as well. Try to work out the associations that have meaning for you.

Paris
Along with Venice, Paris is the capital most associated with love and romance, so could you be longing for more passion in your waking life?

Rome
Famous for its glorious art and architecture, Rome is a center of culture and beauty. Your dreaming mind may be urging you to explore your creativity if Rome features in your dreams.

Tokyo
Well known for its shopping and business potential, Tokyo is a city associated with industry, business, risk, success, and opportunity. Do these associations have meanings for you?

FOREIGN COUNTRIES Should you find yourself visiting, observing, vacationing, or living in a foreign country in your dreams, your dream is placing the spotlight on attitudes and emotional climates that are different to yours. Such dreams can also represent meeting an aspect of yourself that is unknown or foreign; the unfamiliar. If you feel contented in your dream, this suggests excitement about new opportunities in waking life. If, however, you feel insecure and vulnerable, and long to return to the familiar, this is widely interpreted by both Freudians and Jungians as a desire to return to the security of the womb in times of difficulty.

Your associations, beliefs, or opinions about a certain country also need

to be explored. Do any aspects of your life connect with what appears in the dream? For example, have you previously visited or worked in the country featured in your dream or do you know someone who lives there? What is the main action in the dream, and what is your role in it? Are you meeting things – perhaps for the first time – that you fear in your dream; how do they make you feel? What are the symbols in the dream and can you make any connections with your waking circumstances? Your dreams may use foreign countries in many ways to comment on your situation in waking life. For example, if you have bills to pay, the dream may be set in a tax haven such as Switzerland; if it is about your instincts, it may be set in some tropical jungle. Unless you have personal associations with the country in your dreams, if your dream is about a cold country, such as Poland or Russia, such a dream may be about your emotional life, with cold countries representing the need for more warmth in your life. In much the same way, hot countries, such as those in Africa or southern Asia, may represent passion. More specifically, you may associate France with love, Italy with glamor, Germany with efficiency, Spain with passion, the USA with self-reliance, Belgium with dullness, and all the other clichés with which we stereotype foreigners and foreign countries.

If, in your dream, you find yourself in a country where everything seems strange and nothing seems familiar, this may suggest that you have difficulties in coping with change. However, if the people are friendly and welcoming, this may point to the stimulation and satisfaction of a new opportunity in waking life. If you dream of a particular country but have never been there before, you might be imagining that you lived there in a past life. Alternatively, such a dream could represent the unknown within yourself, your dream journey representing an exploration of your unconscious.

If you visit another continent the following may apply:

- Africa – Uncluttered thoughts and ideas; instinct, intuition and hidden or secret mysteries
- Asia – Symbol of spirituality and the search for hidden truth
- Australia – Congeniality and friendship
- Europe – Diversity of ideas and perspectives
- North America – Perseverance and free expression of individuality
- South America – Positive and negative hidden aspects to benefits that appear bright
- North Pole/Arctic – Seeking balance, higher conceptual aspects to focus on
- South Pole/Antarctic – Basic elements of an issue or concept that are difficult to discover

FOREIGNERS/FOREIGN LANGUAGES According to dreamlore, friendly foreigners in dreams are symbols of good luck, but a person in your dream who is foreign or who speaks an unfamiliar language may represent a part of yourself that you do not fully understand or accept. You may be neglecting important feelings or talents, or the dream may be mirroring a sense of frustration caused by problems in communicating with someone in waking life. The latter is often the case when you dream of a letter that is illegible or written in a foreign language, although such a dream could also suggest frustration with not being able to solve some difficult issue in waking life.

While hearing foreign or strange languages in a dream can suggest misunderstandings, it can also be symbolic of some kind of communication from within, something important that has not yet become clear enough for us to understand or put into words. If you pay attention to the strange language, the next stage of understanding will follow. In spiritualism, hearing strange language is communication from discarnate beings.

FOREST Dreams of being lost in a forest or group of trees tend to occur during those times when we feel lost, confused, or vulnerable and are trying to find certainty. The image is symbolic shorthand for whatever you might find insecure and unsettling in waking life, but such dreams suggest that you may emerge wiser and better for the experience. A forest is often a place of testing and initiation, and always concerns coming to terms with the emotional side of yourself. In fairy tales, the dark or enchanted forest is a symbol of the soul entering the unknown and therefore has much to do with the unfamiliar, the unknown, and the need to find direction. A rainforest may represent a rich source of inspiration to one person, while to another it may suggest apprehension and fear.

FOSTERING Dreams of fostering and adoption suggest a new approach to life, or taking on the responsibility of someone, or something, that needs your care and help to grow. If you fostered or adopted a baby in your dream, did you welcome the child into your home with love and gratitude? If you are thinking about adopting or fostering, your dream could reflect your feelings about this, but if this isn’t in your plans, the dream may be showing you how satisfying it can be to offer love and guidance to someone who needs your

care. Do you need to find an outlet for your urge to love and nurture selflessly in waking life? This doesn't have to be a child, but perhaps a partner, a pet, a friend, a project, or a charity. If you dreamed of fostering or adopting someone you know in waking life, perhaps you long to lavish attention on that particular person.

FOUNTAIN A symbol of encouragement, renewed hope, and creativity.

FOX

See **ANIMALS**.

FOXGLOVE

See **FLOWERS**.

FRIEND Dreams which feature your friends or groups of friends highlight your feelings about them in waking life. If the friends are people you do not know, they may represent your inner wisdom or intuition; the character of the friends will tell you what aspect of yourself they display. In dreams, friends behaving inappropriately can also represent your shadow self – the aspect of your personality that you are denying or have rejected. By portraying your shadow aspect as a friend or group of friends, your dreaming mind may be urging you to integrate neglected parts of your personality and restore inner harmony. You may have a dream in which a group of friends or people you know behave like total strangers to you, despite your efforts to remind them that you know each other. Such dreams are symbols of low self-confidence, but they can also suggest that you are trying too hard to be popular or to make a friendship work, because the desire for friendship is one-sided: your own.

See also **RELATIONSHIPS**, **SOCIAL MEDIA**.

FROG Although frogs and toads may appear similar to each other, their symbolism in dreams is very different. Toads, with their warty appearance and squat body, are often characterized as creatures of evil or loathing, so if one appeared in your dream, is there someone or something in your waking life that you loathe? Bear in mind, though, that the toad's association with witchcraft and the sinister side of life is not the whole story. Toads were once

associated with wisdom and the creature was thought to possess a precious jewel within its head that enabled it to see the pure and sacred in all things. To dream of a toad may therefore imply that you must look for the true worth within a person or object, and become insensitive to flattery.

Dream frogs are likely to have positive associations with transformation and fertility. This is because a frog undergoes dramatic changes in form, starting life as a tadpole and then changing into a frog. If frogs appear in your dream, they may therefore be suggesting a whole new stage in your life. Frogs that lead or guide you in your dream (especially ones that can talk) reflect a side of you that is very basic and trustworthy; i.e. this is the side of your intuition and the dream could be urging you to follow your instincts on a particular matter. Frogs also produce masses of eggs so to dream of a frog may indicate a desire to transform your waking life by having children, or by taking care of a project or person. In some amusing dream scenarios frogs can also represent men who did not turn out to be princes. This kind of dream isn't trying to make you feel worse but urging you to give the search a rest and focus on enjoying other things for a while. A tadpole in your dream may suggest a transformation of some kind in your waking life, but can also suggest dangerous obstacles ahead.

FRUIT When you see fruit in a dream, it usually refers to readiness, financial gain, and sexuality, as well as suggesting that you are going through a time of personal growth. The type and condition of the fruit that appears in your dream will influence its meaning. Ripe fruit, for example, is associated with lush and rewarding experiences, rich with promise for the future (because fruits are full of seeds). If you see fruit that is green, or not yet ripened, it may refer to a certain hastiness that you may be displaying in waking life, as well as failed attempts to achieve a goal. More hard work for a longer period of time is suggested. If rotting or bitter fruit is seen in a dream, it may suggest that you are missing out on a wealth of opportunities that are available to you. You are essentially hindering your growth and the amount of pleasure you could experience. A fruit pip may represent something that is capable of major growth. A pip sound may symbolize detection or communication. It could also suggest defeating somebody by a small margin, pipping them at the post.

Fruits have connotations other than just reward in dreams and when interpreting a dream that highlighted a particular fruit, it is important to take

into account its shape, texture, and freshness as your unconscious may have selected it to reflect your sexuality. A dream of fruit can often have sexual connotations because the food is sweet, juicy, and delicious. In ancient times, fruits were considered symbols of feminine fertility because of their seeds. As a result of the influence of Freud certain fruits – especially the banana – are considered phallic symbols. The banana is associated with masculine virility on account of its shape, so a ripe banana may indicate a man who is at his sexual peak. Soft and curvaceous fruits like melons, apples, and peaches have been compared to female breasts or the child-bearing womb, so if you are a man taking a bite out of a juicy melon, could this mirror your desire to become more intimate with a woman? If you were a woman eating a shriveled apple in your dream, could this echo a regret for the loss of youth? Numerous cultures have also associated round, seed-packed fruits with the fruitfulness of the womb, so if you are a woman hoping to conceive in waking life, dreaming of eating a pomegranate could reflect your wishes. Fruit is also thought to symbolize immortality and it is easy to see why; its seeds signify the beginnings of life, leading to ripe fruit from which seed again springs, making the cycle begin all over again.

If you are picking ripe succulent fruit from a tree in your dream, this may confirm a sense of satisfaction in waking life that you can at last enjoy the sweet taste and rewards of success. An abundance of health, goodness, and the fruits of your labor are also indicated if an orchard appears in your dream. And if you dreamed of feeding and watering a young fruit tree, your unconscious may have focused on your nurturing nature. On the other hand, if your fruit crop was damaged, stunted, or blighted, your unconscious may be mirroring your real sense of regret that you are unable to enjoy success or the fruits of your labor. Your unconscious may also have been warning you to take steps to safeguard your health, your family, your relationships, or your business before the damage becomes irreversible.

Dreaming of a fruit bowl overflowing with freshly picked fruit may reflect your own sense of being blessed in waking life. Dream fruit in a bowl indicates the culmination of actions that have been taken in the past. You have been able to harvest the past and make a new beginning for yourself. Peeling fruit in dreams introduces elements of bitterness and separation, but it can also suggest necessary action that need to be taken to further your development in waking life. If you are dreaming of buying or selling fruit, it may be that you are participating in a business that is plentiful, but will not

reap much profit.

FRUSTRATION To dream that you feel frustrated represents your difficulty in coping with a situation in your daily life. It may reflect your concerns that your life is not going in the direction you want. Be aware of associated feelings of anger when feelings of frustration feature in your dream.

FRUSTRATING TASK The frustration of everyday chores at home and work can sometimes translate into images of impossible tasks in dreams, such as building an enormous house of cards or painting a wall with a toothbrush. In some cases, humiliating and pointless dream tasks are conjured up by your dreaming mind to teach you a lesson in humility.

FUNERAL If you are part of a funeral party led by an undertaker toward a grave, your unconscious may be suggesting the possibility of great change in your life. Bear in mind, too, that ill is rarely spoken of the dead at funerals, so perhaps you are in need of a confidence boost in waking life or perhaps you want your friends and family to appreciate you more. If the funeral is your own, try to identify who the mourners were and what they said about you. In the realm of the unconscious, funerals are susceptible to much the same interpretation as dreams about death, so ask yourself whether you are worried about your health or whether there is something in your life or personality you need to lay to rest. The dream funeral may even have represented the end of a relationship or particular phase in your life.

An undertaker in a dream may represent an authority figure or someone in waking life who undertakes a difficult but necessary task for those who cannot do it themselves. Are you the undertaker carrying a burden of responsibility or, if someone else is the undertaker, are you trying to pass the

burden to them? If you see a coffin or are about to be buried in your dream, it is likely that the change is already occurring. As well as being symbols of death, thereby denoting the end of a certain stage in life, dream coffins also represent loneliness, isolation, and a sense of hopelessness. By featuring a coffin in a dream or depicting you in it, your dreaming mind may be suggesting that you feel unable to rise above the problems that are trying to bury you or box you in. If your dreaming mind conjured up images of a burial, what life phase or feeling is about to be dead and buried for you in waking life? Dream cremations send the same message, although the symbol of fire and ashes does hint at potential and perhaps immediate rebirth.

FUR

See FABRIC, FASTENINGS.

FURNACE The furnace is a powerful symbol of creativity as all the fire's energy is devoted to one specific task. If you are using fire to forge something, such as a tool, your dream may be hinting that you should use your creativity and passion more in waking life. Have you developed a burning interest in something or someone recently and isn't it time to pour your energy into making it a reality?

FURNITURE Specific furniture items can indicate the attitudes, beliefs, and notions with which you furnish your mind and self-image; you might be, for example, an antique fancier or a lover of novelty. The purpose to which they are put may also be sending you a message; if you dream of a chair or sofa do you need to take it easy? If you focused on a lightbulb, are you in need of illumination? If you have excess furniture in your dream, is your lifestyle overcrowded?

A dream in which you are moving furniture around, or trying to make it fit into a small place, may be a reflection on the way you are trying to cope with your present circumstances in waking life. Are you managing to fit everything in? If a chair is placed upon a table in your dream, this can suggest a new relationship with someone of the opposite sex.

FUTURE Dreams of the future could indicate wish-fulfillment if a scenario you have been daydreaming about played itself out in your dreams. If your

dream of the future involves a disaster, tragedy, or accident, this may be anxiety related but it could also be possible that your unconscious has signaled that you need to take extra care to protect your health and safety. If you dreamed of visiting a clairvoyant, are you eager to know the outcome of a situation in the real world?

G

GAGGED

See **CONFINEMENT**.

GALE

See **HURRICANE**.

GAMBLING If your unconscious depicted you as rolling a dice and hoping for a six, does this suggests that you feel as if your destiny is not in your hands but in the hands of fate, or that the direction your life will take is out of your control? Or are you dicing with death and taking a big risk in your life? Any dream in which you are gambling may be considered a warning that you are risking something for which you have worked in real life and that the odds are stacked against you. On the other hand, if your gamble came off in the dream and you won a bet or money, perhaps your dreaming mind is encouraging you to be a little less cautious in waking life and take a chance on something as it has the potential to yield great reward. This does not have to be the lottery or a horse race; it could be an emotional investment. Winning a large amount of money on the lottery is a common wish-fulfillment dream. The dream may also be warning you that if you hope to achieve your goals without any effort expended on your part, your chances of success are minimal. Freudians relate lottery or money dreams to anal preoccupation and the desire to break with miserliness.

Making any kind of wager or bet in your dream may stand for a gamble you are taking in waking life. Your dreaming mind is urging you to weigh up the odds and consider how much you are risking. The rhythmic gallop of the horses may symbolize sexual intercourse and if you are betting on a horse in your dream, this may reflect the emotional weight of success or failure as far as a relationship is concerned. Playing for high stakes at poker in your dream can imply that you are being too impressionable and emotionally insecure in your personal relationships, while to play poker with strangers indicates a

lack of emotional connection in your life. If you visit a fortune teller in your dream, this expresses concern about your future prospects; if you are a skeptic, such a dream may represent a crisis of faith in the powers of reason.

GAMBLER

See ARCHETYPES.

GAMES Most dreams in which you are playing a team game reflect how well you feel you are performing within a group situation in waking life, whether it is among your family and friends, or – more typically – in relation to colleagues at work. So if you dreamed of playing football, basketball, baseball, hockey, netball, rugby, or volleyball, pay attention to how you are reacting or playing in the team. Are you the weak link? Are you lazy? Are you the one who pulls the team together? Are you a good sport? Do you play fairly, or do you cheat and break the rules? Do you respect authority and the decision of the referee or judges? Are you a team player or only concerned about your own performance? The answer to questions such as these will prove helpful if they are considered in the context of your participation in group dynamics in waking life.

Dreams that feature baseball can be littered with sexual symbols such as the bat, the ball, and the gloves. According to Freudians, such dreams – and this would be true of all games containing umpires or referees – might be an oblique reference to a challenge you have made to a father figure, as represented by the umpire. The white outfits worn in the game of cricket may suggest a yearning for childhood innocence; the friendly, relaxed, and languid nature of the game might reveal a longing to withdraw from a fiercely competitive environment, whether at home or at work. The intense passions of football, whether in the form of rugby, soccer, or gridiron, may symbolize sexual excitement; scoring a goal or a try, for example, might symbolize orgasm. Jungians, however, would see dream football as a mirror of the dreamer's spiritual aspirations. Some team sports seem unlikely topics for a dream but your dreaming mind may select them specifically for their symbolism. To dream that you are part of a rowing team, for example, stresses the importance of collective effort and pulling together as a team.

GANG Being part of a group is a fundamental human urge and it can

express itself in dreams that feature large groups or people. Being a member of a club or gang gives you a sense of security, as it is meeting a group of people with a common interest, goal, or purpose. If your social dream was pleasant, it can suggest that you are feeling secure and happy in your current social situation. If the dream was unpleasant, however, and you were rejected or thrown out of your club, you may be feeling that your goals and opinions are not the same as those of other people in your life. We often hate to feel different from our friends and so any dream in which you were a part of a tribe or secret order with elaborate ritual and rules may be questioning how much you are expressing your individuality in waking life. If you are chased by a gang or yob in your dream this is similar to dreams of being chased by a monster and the gang or yob should be faced. Consider who or what the gang or yob represents to you.

GARAGE To dream that you are in a garage indicates how you store and relate to your personal talents, abilities, and ambitions. If you are repairing a car in the garage, perhaps your ability to motivate yourself needs a boost or an MOT. On the other hand, if you dream of a garage as a shelter for a car, this is a dream symbol of female sexuality; if you are fixing your car, this may suggest sexual problems or inhibitions. To dream that you are pulling your car into the garage represents the security and stability that is brought about by your accomplishments and efforts. To dream that you are opening the garage door denotes that you have made a decision about a matter, perhaps one relating to a long-term goal. On the other hand, if you are closing the garage door, it suggests that you are putting off your goals for the sake of others around you.

GARBAGE Dreams in which you throw away garbage may be connected to a desire to rid yourself of emotional and physical waste. Try to work out what the dream is referring to and dispose of it. If, however, the dream garbage was being thrown out by friends or loved ones, then perhaps other people are doing your dirty work for you. There may also be a suggestion that you need help ridding yourself of something damaging. If you throw something precious out in your dream, you are not appreciating someone close to you or are taking them for granted. If you are covered in garbage, you may be afraid of some form of humiliation or feel emotionally burdened

in waking life.

GARDEN/GARDENER/GARDENING Dreams in which a garden or gardener features tend to refer to your inner feelings, areas of potential growth and change, and what it is you are trying to cultivate in your life. Considering the garden's features will tell you whether you are successfully cultivating the seedlings of your potential or allowing them to become choked and killed by weeds. Gardens also reveal the inner life of the dreamer, allowing you to see what you appreciate about yourself; they also represent features of the difficult process of self-discovery, as symbolized by the tree of knowledge.

Other interpretations suggest that dreams of gardens express a desire to be closer to nature or your natural self. Sometimes, dream gardens are symmetrical with a central point; this mandala symbol represents the inner wholeness of your true self and to dream of a garden that reproduces its form may indicate inner healing after a period of unease or even illness. If your dream garden is beautiful, this suggests creativity and abundance in your life, whereas an overgrown neglected garden warns that you have neglected your personal growth. It is time to clear away the weeds and start nurturing your talents.

The garden is also the symbol of the feminine attributes and the qualities of wildness that need to be tamed in order to create order. Closed or walled gardens, in particular, have this significance and can represent virginity. Freud saw the garden as an image of the female genitals, with the dreamer perhaps facing the carnal temptations associated with the serpent in the Garden of Eden. If your dream garden is square or circular in shape, this suggests unconscious wisdom and insight. If there is a pool in the garden this refers to memories of childhood or hidden, unexpressed emotions.

If you are gardening in your dream, this indicates that you are in the act of creation; the dream may be referring to your psychological growth and increasing emotional maturity. To see a vegetable garden symbolizes increased prosperity will come your way through diligence and care; it also suggests stability and inner growth. To see a flower garden in your dream foretells of tranquility, comfort, true love, and a happy home in your future. To see a sparse, weed-infested garden indicates that you have neglected your emotional and spiritual needs. A garden gate may represent a welcome invitation to a more natural environment for those detained awhile by city

life. Walking through a garden gate may represent moving into a new phase of life; new opportunities await you. An open gate represents changes for the future; a closed gate means problems or obstacles ahead.

A conservatory or hothouse full of exotic plants symbolizes the unconscious being kept under tight control. A fountain in the garden is a symbol of encouragement, renewed hope, and a release of creativity. A well in the garden may stand for your most valued talents and inner resources, but if the well is dried up and you cannot draw water from it, this suggests frustration at being unable to find an outlet for your talents. To see a neat and well-kept yard reflects your ability to maintain and organize aspects of your outside life, such as work and your social activities. To see a messy and neglected yard denotes those aspects of your life that are out of your control.

GARLAND In dreams a garland is often a symbol of distinction and honor.

GARLIC

See **FOOD**.

GASOLINE A symbol of energy or what motivates you or moves you forward in your waking life; can also signify dangerous or explosive emotions.

GATE

See **COUNTRYSIDE**.

GATHERING Groups or gatherings of people in a dream usually depict how you relate to other people in waking life. According to a Jungian interpretation, social gatherings suggest different aspects of yourself in waking life. In all large gatherings of people there is usually a strong emotional charge of either good feelings and generosity of spirit, or tension, conflict, and stress. If you find yourself part of a gathering in your dream, you can begin your interpretation by considering the basic atmosphere and feeling of the occasion.

Whether you are celebrating a special occasion in your dream, catching up with friends or colleagues or being bustled along in a busy, crowded

street, the people who surround you, your reaction to them, their reaction to you, and the events that occurred in the dream all suggest your personal likes and dislikes. These preferences refer to the people with whom you mix, to your self-perceived status within your family, social and professional life, as well as to your self-confidence, insecurity, and individuality. Bear in mind that such dreams can also be full of surprises; you may find the people or yourself in your dream gatherings behaving out of character.

GAY

See **RELATIONSHIPS**.

GEMSTONES Because of the different colors in gemstones and the different things associated with them, they can all have slightly different meanings when they appear in dreams. If a specific gemstone or precious stone appears in your dream, try to work out what that stone means to you. Was it your birth stone or the birth stone of someone you know? You should also consider its color. The texture and any associations or myths connected should also help with your interpretation. It would be impossible to list all precious and semi-precious gemstones, but the following associations with some of the most well-known gemstones should give you some guidelines regarding interpretation; but please note that it is always worth your while to do your own research.

Purple has long been considered a royal color so it is not surprising that amethyst has been so much in demand during history. Fine amethysts are featured in the British Crown Jewels and were also a favorite of Catherine the Great and Egyptian royalty. Amethyst, transparent purple quartz, is the most important quartz variety used in jewelry. Leonardo Da Vinci wrote that amethyst was able to dissipate evil thoughts and quicken the intelligence, and in dreams the appearance of amethyst suggests healing and transcendence. The gemstone is also a symbol of sobriety and remorse, due to the legend of the origin of amethyst. Dionysus, the god of intoxication, was angered one day by an insult from a mere mortal and swore revenge on the next mortal that crossed his path, creating fierce tigers to carry out his wish. Along came unsuspecting Amethyst, a beautiful young maiden on her way to pay tribute to the goddess Diana. Diana turned Amethyst into a statue of pure crystalline quartz to protect her from the brutal claws of the tigers. Dionysus wept tears

of wine in remorse for his action at the sight of the beautiful statue. The god's tears stained the quartz purple, creating the gem we know today.

Diamond is the symbol of incorruptibility, integrity, perfection, and wisdom, so if you dream of it, these may be themes that would repay further investigation in your interpretation. But your dream may also be hinting that you need to look at various facets of a problem. There is also the association with human greed. As a symbol of fertility and regeneration, emerald in dreams suggests personal growth and a connection with the natural in life. The green of the emerald is the color of life and of the springtime, which comes round again and again. But emerald is also the traditional color of beauty and of constant love. In ancient Rome, green was the color of Venus, the goddess of beauty and love. In dreams, emerald can convey harmony, love of Nature, and elemental *joie de vivre*.

According to Chinese legend, jade is the sperm of the Celestial dragon that fell to earth; it therefore represents a union between heaven and earth. In the West, jade is more likely to bear the symbolism of its color green. It may also appear in dream word-play. Is there something in your waking life about which you feel jaded and would like to change? In gemstone therapy, it is said that jade stimulates creativity and mental agility on the one hand, while also having a balancing and harmonizing effect.

A symbol of the inner world of fantasies and dreams, opal stands for intuitive awareness. All of nature's splendor seems to be reflected in the manifold opulence of fine opals: fire and lightning, all the colors of the rainbow and the soft shine of far seas. Almost ninety-five per cent of all fine opals come from the dry and remote outback deserts of Australia. For ages, people have believed in the healing power of opals. It is reported to be able to cure depression and to help its wearer find true and lasting love. The fantastic color-play of opals may reflect changing emotions and moods; either your own or of the people around you. For example, the sparkling images of boulder opal, the vivid light flashes of black opal, or the soft shine of milk opal characterize the colorful world of this fascinating gemstone.

Rubies are a symbol of emotion, passion, empathy, and reaching out to others. The most important characteristic about this valuable stone is its color.

There is of course a reason for this: the name 'Ruby' was derived from the Latin word *rubens*, meaning 'red'. The red of rubies is in a class of its own, being peculiarly warm and fiery. Two magical elements are associated

with the symbolism of this color: fire and blood, implying warmth and life for mankind. In the light of this, ruby-red is not just any old color red; it is the epitome of the color: hot, passionate, and powerful. Like no other gemstone, ruby is the perfect symbol of powerful feelings. To dream of a ring set with a precious ruby does not symbolize a calm and moderate sympathy that one might feel for someone else, but rather the passionate and unbridled love which two people feel for each other.

Sapphires are symbols of hope, joy, and aspiration, and blue is the color most often association with this precious stone. This color is also linked to emotions such as sympathy and harmony, friendship and loyalty. These emotions are permanent and reliable – they are emotions in which overwhelming and fiery passion is not the main element, but rather composure, mutual understanding, and unshakeable trust. Sapphire blue has thus become a color related to anything permanent and reliable, and this is one of the reasons why women in many countries settle on sapphire for their engagement rings. Sapphire symbolizes loyalty and faithfulness, while at the same time expressing love and yearning. The most famous musical example for this melancholic shade of blue can be found in George Gershwin's 'Rhapsody in Blue'. Sapphire's blue color is also evoked where clear competence and controlled brainwork are the issue. After all, the first computer ever to wrangle a victory from a chess grandmaster and world champion was named 'Deep Blue'. In many cultures of the Old and New World turquoise has for thousands of years been appreciated as a holy stone, a good-luck charm or a talisman. In Asia and Europe, turquoise is often worn as protection against the evil eye and its exquisite shade of blue is associated with heaven. In dreams it can represent healing and higher aspirations.

GENITALS

See **BODY, SEX**.

GERANIUM

See **FLOWERS**.

GERBIL

See **PETS**.

GERMS

See **BACTERIA**.

GHOST If ghosts appear in your dreams, they often symbolize unfinished business, just as ghosts – or the unsettled dead – are supposed to have unfinished business on earth, not having found their place in the afterlife. Because of a ghost's ephemeral nature, being only partially visible to some and invisible to others, they can also represent uncertainty or a lack of clarity in your thinking. Another interpretation is that seeing ghosts in dreams is a way of facing your own mortality; for this reason they can be quite disturbing, but because they may offer evidence of life after death, they could be seen as offering some comfort. You can also look at a ghost as a shadow of yourself, your own dark nature personified; the side of yourself that you'd rather not face up to.

If you want to understand the significance of dreaming about ghosts, you need to look at how they behaved in your dream. While most ghosts are invisible and silent, some ghosts are noisy and throw things around; these could represent your lack of control regarding things that are happening around you in waking life. Ghosts may interact with you in dreams, but often they will not do it directly. You may feel comforted by their appearance in your dream; you may feel stressed or afraid. They may be strangers, friends, relatives, or famous people that have died – your relationship to them or how you feel about them will affect what they mean in your dream – for instance the ghost may be a nagging relative who is still very much alive, but casts a shadow over your life and is always trying to push you one way or another.

At times, ghosts represent those things that are unattainable or fleeting. If, however, the ghost feels solid, you may be touching aspects of your own mind or awareness that exist beyond your own preconceived ideas and beliefs. Ghosts of living people in your dream have nothing to do with the possibility of their death in the near future; such dreams suggest, rather, a sense of their thoughts or presence haunting you. Or perhaps you are haunted by desire for them or have unexpressed feelings about them. Alternatively, and particularly if you shrank from the ghost in your dream, could the specter have represented someone whom you once wronged, a ghost from the past that is still haunting your conscience despite your conscious efforts to push it to the back of your mind?

Ghost of Someone Who Has Died

Some believe that the ghosts in their dreams are real representations of the dead. This is an unlikely explanation of such dreams. More likely, to dream of the ghost of someone who is departed represents a part of you that is unclear and that you do not understand. Ghosts can also be all that you have left of loved ones who are no longer alive, so they can offer you comfort by appearing in your dreams, representing a welcome opportunity to speak once again to that special person and to come to terms with the fact that they are gone. To dream of the ghost of someone who has died might also represent something that you wanted that is no longer in your reach. This dream is telling you to move on. Another explanation is that your unconscious was pointing out an uncomfortable truth that your conscious mind is working hard to repress, just as the ghost of his father appeared to Shakespeare's Hamlet to tell him something that he may already have known – that his father was murdered by Hamlet's new stepfather.

To dream of touching a ghost and having it disappear indicates that you are trying to confront and come to terms with painful memories. Demonic ghost images with no face or dark shadows ('dementors', if you are a Harry Potter fan) may represent your negative tendencies, unpleasant parts of personality or your 'shadow'. Old superstition-based dream interpretations say that dreaming of friendly ghosts is a lucky omen, and that you should be receiving unexpected good luck. On the other hand, if you were very frightened by the ghost in your dream, then others will try to impose their will on you and you must be vigilant in order to stand up to it.

GIANT An encounter with a giant or ogre in your dream suggests an uphill struggle in waking life. The giant and ogre may also be a symbol of insecurity or feeling small recalling your childhood when adults seemed huge. Maybe you had a dream when you were running as fast as you could from a roaring ogre, a hideous giant-like, man-like being who seemed intent on devouring you. If you had a nightmare like this it could represent your father or some masculine authority over you, such as a demanding teacher.

On the other hand a dream giant may represent spiritual or physical power. A ‘giant among men’ in your dream may be a guide who comes to give you spiritual insight. Not all giants are ogres and maybe you dreamed of being rescued from the ogre’s clutches by a gentle giant, perhaps another influential figure in your life who you respect for their moral courage. Either way any towering presence in your dreams tends to represent something that poses a problem to your waking self or someone whose power makes you feel protected or small and helpless.

GIFT Could the gift represent a creative talent or a skill you aren’t expressing in waking life? If you were given a gift of a box of oil paints, for example, could this be encouraging you to be more artistic?

Giving and receiving gifts in dreams indicates a need to give and take within a relationship, perhaps to share with others what we have and to create an environment that allows for give and take. Sharing is a fundamental human need, so if you are giving in a dream, this suggests your internal relationship with yourself, the environment, or others. Giving a present usually suggests a need to express love or consideration for another person, whereas receiving it suggests your need for the love and consideration of another person. Receiving a shower of gifts suggests that you are held in high esteem.

A dream of unexpected gifts can have several meanings. The gift can point to the need for you to recognize your own worth. If you are the giver, the dream may be warning you to be more open and direct with other people, so that you are not caught off guard. An inappropriate gift of something you do not like, or have no use for, may indicate that someone’s attentions in waking life are not welcome. If you receive an unpleasant gift in a beautiful gift box, this image may reveal your intuition that someone’s apparently good intentions may disguise selfish motives. Finally, the image of an empty gift box may suggest that in waking life, things are not as attractive as they seem. Perhaps you have to face the reality of a relationship ending, or need to lower your expectations in some way.

A gift of chocolates may hark back to your childhood and infantile oral pleasures. According to Freudian theory, chocolates are a dream image of excrement, representing an anal fixation that may indicate a tendency to be overly formal or uptight. Beware of over-analysing here though, since dreams about chocolate sometime suggest a longing for love, affection, and …

chocolate.

GIRL If the child in your dream is a girl, this may be a symbol of your spontaneous, vulnerable side trying to emerge, regardless of whether you are male or female. In a man's dream, it can refer to feelings about a daughter, or emotions and sexual feelings toward the opposite sex in general. In a woman's dream, the girl can represent a sister or a daughter, but can also represent aspects of the dreamer portrayed by the girl. According to ancient dream oracles, threatening a girl or boy in a dream is an ominous sign that indicates you should take extra care of your health in the weeks ahead.
See **CHILD**.

GIRLFRIEND
See **RELATIONSHIPS**.

GLASS Glass in dreams represents the hidden but powerful feelings and social barriers we use in everyday life. These include caution, inhibition, disinterest, pride, and the fear of being hurt. Frosted or smoked glass suggests parts of yourself that you are keeping hidden from others. It can also indicate an obscure or unclear view of a situation. Occasionally it relates to death, the very real yet obscure experience we all face. If you dream of breaking glass, what barrier or restraint are you breaking through? Could it mean that your emotions might be shattered? Breaking something made of glass might symbolize the breaking up of a relationship, the shattering of an illusion, or simply that you or someone else are broken-hearted.

Glass may not always be very visible, so it may represent hidden dangers; if you dream of stepping on broken glass, it suggests that you are being careless about your direction in life or your present situation; if it is being done without heed to injury, walking on glass represents self-inflicted pain.

GLASSES If you dream of glasses as in spectacles or contact lenses, this refers to your ability to see or understand something or someone clearly. The

image may also refer to the mask you use to hide behind, as with sunglasses. Terms like ‘short-sighted’ or ‘long-sighted’ also help us understand the use of glasses in a dream. Alternatively, you may wish that others took a closer look at you or respected your intelligence more.

GLOBAL WARMING

See **CLIMATE CHANGE**.

GLOVE

See **CLOTHES**.

GOAT

See **ANIMALS**.

GOD/GODDESS You may have a dream in which the image of a god, such as the warrior lord Mars, or a goddess, such as Aphrodite, the goddess of love, appears. The characteristics of gods and goddesses that populate the world’s religions are similar because they are archetypal figures that embody universal human emotions and characteristics, such as love, hate, anger, justice, jealousy, or other potent energies, and this should be borne in mind when you try to interpret your dream. If you become a deity in your dream the message is even more potent and perhaps you do feel god like in waking life or are aware that you are being given the opportunity to reach your fullest potential; bear in mind though that such a dream also warns against the dangers of egotism or overreaching yourself in some way. Gods: In a woman’s dream dreaming of mythical gods may help her to understand various aspects of her own personality, which are considered more masculine. In a man’s dream he is linking with his own sense of masculinity. The powerful need that exists within us all for approval and love can often be recognized in the mythical gods. For example, Adonis represents health and self-love. Apollo represents sunny optimism and Chiron healing. Jehovah in the guise of a vengeful God alerts you to the negative side of power. Mars as the god of war suggests the drive to succeed and win. Zeus is the father figure in both its positive and negative form. Goddesses: In a woman’s dream a goddess will connect her to the archetypal images of femininity and sisterhood with other women. In a man’s dream a goddess figure signifies all

that a man fears in the concept of female power. There are goddess figures that are perceived as destructive such as Kali, Bast, and Lilith but also beneficial ones such as Athena, the goddess of wisdom and strategy, or Aphrodite, the goddess of love and beauty. Artemis is the goddess of the moon and female intuition and independence. Demeter is the maternal archetype and Hera represents the woman whose goal in life is marriage. Hestia is a symbol of loneliness and patience and Persephone, Queen of the Underworld, expresses the need of some women to please others and be needed by them; her behavior must turn from passive and submissive into an ability to take responsibility for her own life. Hindu deities: Brahma is a source of the cosmos, Vishnu its protector, and Shiva is both destroyer and protector of life. Together with the devil their appearance in a dream expresses confusion but also great creativity and liberation.

GOLD

See **COLOR, METAL, MONEY**.

GOLDFISH

See **FISH, PETS**.

GONG If you hear the sound of a gong in your dreams, this suggests the end of a phase in your life and the beginning of another. If you are striking the gong, this suggests a need to find strength in waking life or to wake up to the reality of a particular situation.

GOOSE

See **BIRDS**.

GOSSIP

See **ARCHETYPE**.

GRADUATION Dreams about graduating suggest a sense of independence and success, and the beginning of a new phase in your life; it can, however also indicate how you feel about your progress. Are you receiving the honors or watching from the back row?

GRANDPARENTS The appearance of grandparents in dreams can highlight your attitude toward them, as well as representing the traditions and beliefs handed down to you by them or your feelings about old age and death. It is often said that parents do not know if they have done a good job raising their children until their children have children of their own. As grandparents are often seen by children to be more sympathetic figures than parents in dreams, they may stand for wisdom, intuition, or the desire for an untroubled relationship with your father and mother. Your dream grandparent may have appeared to remind you of the happy times you shared in childhood. Apart from reflecting a yearning for the security of childhood, dreaming of either of your grandparents may suggest that you are in urgent need of their guidance and experience as you face life's dilemmas and pitfalls.

If you don't associate the grandparent with impartial wisdom, ask yourself whether they may have been an archetype in disguise, especially the priest or priestess, or wise old woman or wise old man. Whichever archetype seems to fit your grandparent, their advice will help set you on the right path; the very appearance of a family elder in a dream indicates that you should look to the past for inspiration and solutions to your current problems. The key may be an ancestral trait you have inherited or an actual event in your family's history that has parallels with your waking situation.

To dream of a grandparent who has died will usually be reassuring, telling you that you have inherited some of their wisdom. For Jungians, the grandfather may symbolize the wise old man; he can appear in various forms such as king, wizard, prophet, teacher, guru, or priest. The grandmother may likewise symbolize the great mother archetype, which may appear as a goddess, wise old woman, prophet, or teacher. Jung called these figures '*mana* personalities', from the Melanesian word for 'the divine'. These are symbols of the power and the wisdom that lies in the deepest part of the psyche, and dreams that contain mana figures represent a time of great spiritual progress and opportunity in waking life.

See **FAMILY**.

GRAPES

See **FRUIT**.

GRASS A symbol of growth and potential but can also mean distracting

thoughts and feelings that need to be cut out of your life.

GRAVE/GRAVEYARD Dreaming of a grave or graveyard is an indication that you must resolve or deal with your feelings concerning the inevitability of death. It may be that you are trying to deal with feelings concerning someone who has died. Alternatively, part of your personality may have been killed off or is buried – or cut off – from the outside world. To dream that you are in a graveyard signifies sadness, unresolved grief, or ambivalent feelings about death. It can also represent those parts of yourself that you have killed off or have stopped using. From a spiritual perspective, a graveyard is not only a place of death but also a place of spiritual regeneration and rebirth. To see a mausoleum in your dream signifies possible health issues or anxiety about your health.

GRAY

See **COLORS**.

GREEN

See **COLORS**.

GRIEF

See **BEREAVEMENT**.

GUEST If you dreamed that you had guests around at your home, much of the interpretation will depend on how you felt about them. Did you welcome them and enjoy their company, or were you reluctant to let them in? Did they cross your threshold? The welcome guest may represent the beginning of an important project that you are ready to work on, while the unwelcome guest could stand for something or someone you do not want to face up to in waking life.
See also **VISITOR**.

GUILLOTINE

See **DEATH**.

GUILT Dreams can often remind you of things about which you should or already feel guilty in real life; they remind you of mistakes you may have made or offences you have carried out against others or your true self. If you wake from a dream and feel you have committed a crime and are worried you might be found out, this suggests you should feel guilty because you are concealing aspects of your true nature and not being true to yourself in waking life. Dreams in which you commit adultery or bigamy may be wish-fulfillment but they may also be an expression of guilt, even if you have only thoughts of being unfaithful in waking life. Dreams in which you are paying alimony may not refer to divorce but to the fact that you need to pay for some misconduct in waking life. Dreams in which you are a criminal or have committed a crime also refer to some misdeed in waking life and, if a penalty is exacted, this will be based on your feelings of guilt and how severely you feel you ought to be punished.

So, if you are sentenced to prison or execution in your dream or beaten up or find yourself actually facing the hangman, electric chair, lethal injection, firing squad, or the guillotine, this suggests strong feelings of regret. Alternatively, it may also mean that you are going to change your life and make a new start. Fines in dreams tends to refer to minor misdemeanors but bear in mind that money in dreams can sometimes be related to emotion; if you are pursued by a bailiff or debt collector, for example, this may indicate that you owe something to someone, perhaps affection, in waking life. If you dreamed you were shoplifting, your dreaming mind may be reminding you of a minor offence you have committed in waking life but if you are involved in serious theft your dreaming mind is warning you that there will be serious consequences for your actions if you are discovered. If you dream that you are blackmailing someone or they are trying to blackmail you, consider whether you are trying to force the affection of someone in waking life by threatening to leave them or by bribing them?

If you appear in court in your dream, this is another sign of guilt for some action or offence you feel you have committed in waking life. Try to identify who was judging you. If the judge was a famous person and the press are present or you are lynched by a mob, you may feel condemned, not by yourself or another person, but by everyone you know. Dreams in which you have an allergy or a reaction to something you have eaten or put on or worked with are also expressions of guilt. Dreams in which you are confessing to a priest or condemned from the pulpit by a preacher are also

symbols of guilt in waking life; they suggest your desire to absolve yourself or rectify a situation. If you dream of being forgiven, this will be very comforting.

Dreams in which someone who has died appears in tears or is hostile to you may be suggesting that you feel guilty about your behavior toward that person when they were alive. Your dreaming mind has conjured up this image to encourage you to think about that person in waking life and perhaps admit your faults or misdeeds toward them. If your dream leads you into temptation, for example succumbing to the charms of an irresistible stranger if you are in a settled relationship, this may reflect unconscious, hidden desires; it may also be warning you that you will be easily tempted when opportunity presents itself. Finally, bear in mind that when feelings of guilt are experienced in your dream, they may be telling of repressed anger toward you or another person in real life. Dreams of anger may equally be connected to experiences of guilt, so be alert and careful when you try to interpret them. Whatever you feel angry or guilty about in your dream, you may find that the only way to regain your peace of mind is to put things right or make amends or new resolutions in your waking life.

GUITAR If you are playing the guitar in your dream, this can suggest your need to be more creative in daily life. If you hear guitar music, it can indicate a need for caution or the possibility of a new romance.

GULL

See **BIRDS**.

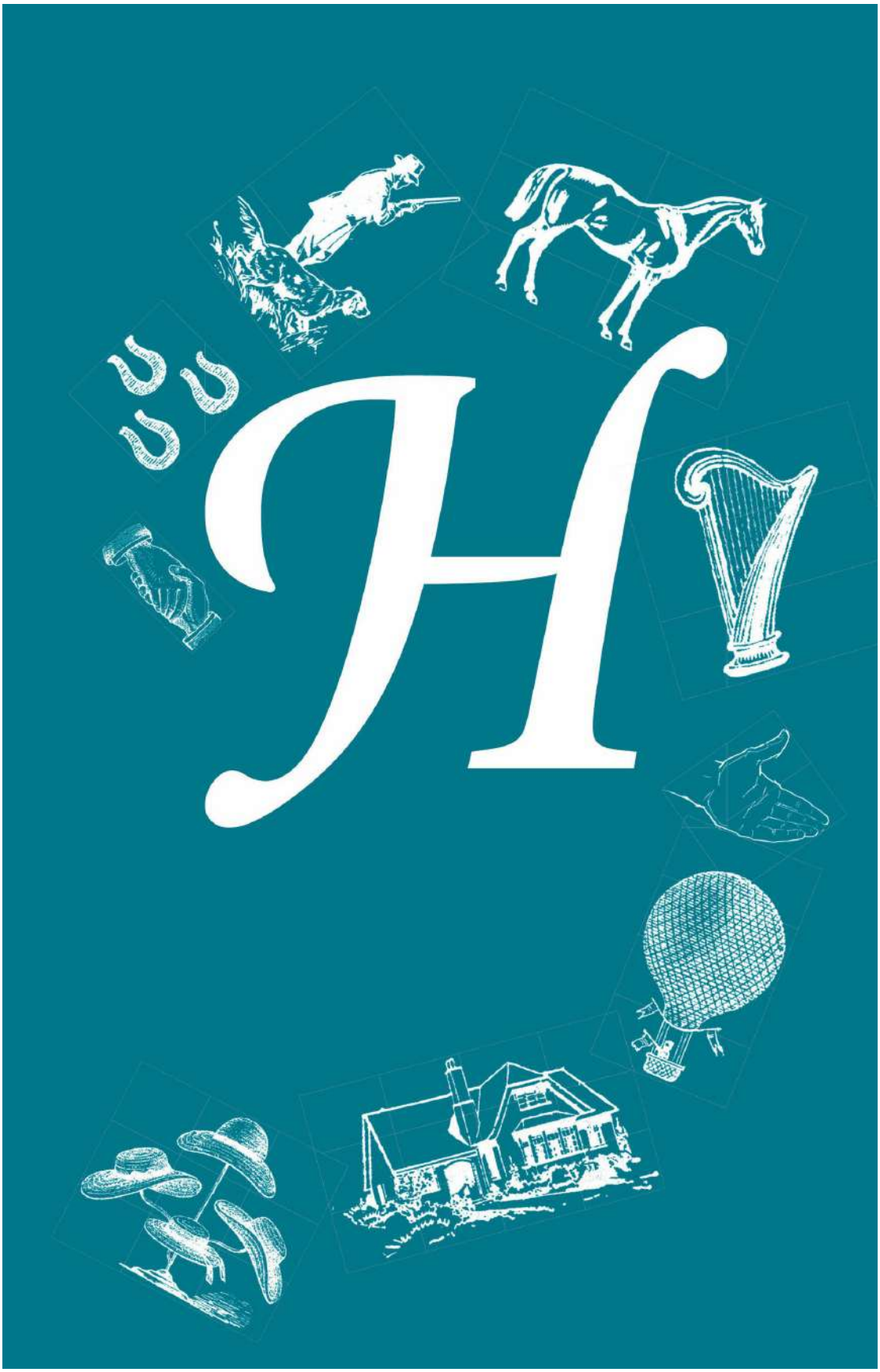
GUN Guns, pistols, or rifles in a man’s dream typically suggest male sexuality and defenses used against emotions. The unconscious may have selected this weapon to denote his sexual performance and if he fires blanks concerns about failing virility may be indicated. But because a person can

feel impotent in other areas of life a misfiring gun may also suggest general feelings of powerlessness. If a gun appears in a woman's dream, it may indicate her desire to be more assertive sexually. If you are shooting the gun in the dream, you may be behaving in quite an aggressive way in waking life. Are you defending yourself in the dream or shooting for pleasure? If you are shot by a gun, you may be feeling wounded or the target of criticism or hurtful comments in waking life. If you shoot the gun in your dream, this suggests anxiety about expressing emotions or hidden hostility. Bayonets are thrusting weapons used in conjunction with guns, and in dreams they suggest extreme danger and a desire for total control, either aimed at someone else or directed against you.

GUINEA PIG

See **PETS**.

GYMNASTICS To dream about gymnastics or to become a gymnast in your dream reveals a desire for great self-expression and flexibility; it is, however important to achieve a balance between what is achievable and what is unrealistic.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HACKER
See **COMPUTER**.

HAIR
See **BODY**.

HAIRDRESSER
See **WORK**.

HALL To see a hallway in your dream symbolizes the beginning of a path that you are taking in life or a journey of self-exploration into the unknown. In some dreams, passages, corridors, or hallways can stretch endlessly into the distance, with hundreds of doors on either side; in other dreams, they are so small you have to crouch down, or are so bewilderingly complex you get lost. Such dreams represent the way you feel about the choices and options open to you in life and it gives you an invaluable vista onto what you believe to be possible and necessary. Halls in dreams also illustrate how you meet and relate to other people in real life.
See **BUILDING**.

HAM
See **FOOD**.

HAMMER
See **NAIL, TOOL**.

HAMSTER
See **PETS**.

HAND
See **BODY**.

HANDBAG A bag in your dream may symbolically carry your hopes for the future. A heavy bag suggests more projects than you can handle, while an empty bag – far from meaning that you have no hope – suggests that you wish to search for new ideas. Frequently associated with fruit, a basket may evoke images of fertility and sexuality. Depending on what is in the basket, it can suggest youthful energy or ripe maturity.
See also **BRIEFCASE**.

HANDSHAKE A handshake is a familiar form of greeting in many parts of the world. If your dream handshake was strong, this suggests that you are feeling positive about your life at present. If the handshake was weak, this suggests you may be in need of an energy boost. If someone offers you their hand then withdraws it quickly, you may be feeling distrustful of that person. If the greeting was a hug, try to recall how you felt about that greeting. Did you feel warm and comfortable, or uneasy and unnatural? If you felt secure, then this suggests you are feeling appreciated in everyday life; if you felt uneasy, this suggests you are feeling isolated and unsupported.

HANDWRITING To dream that you are writing by hand represents your self-expression and creativity. Consider the symbolism of what you are writing by hand and how it relates to your waking life. Pay attention also to the style of writing you are using and the patterns revealed by your handwriting. Graphology is the scientific method of identifying, evaluating, and understanding a person's personality through their handwriting. Graphologists believe that handwriting, just like dreams, can reveal hundreds of elements of a person's personality and character; these includes glimpses into the subconscious mind, emotional responsiveness, intellect, energy, fears and defenses, motivations, imagination, integrity, aptitudes, and even sex drives. If you are reading handwriting in your dream, pay attention to that too, as it may reveal much about the person who wrote it. For example, if you recognize your sister's handwriting and it appeared shaky, could it be revealing her vulnerability; if any words were underlined or capitalized, did they underline or emphasize the message of your dream?

HAPPINESS Perhaps you have woken up from a dream with feelings of euphoria or unexplained happiness, or found yourself laughing without knowing why. Every now and again your dreaming mind may give you an emotional and psychological boost by creating images in which you feel deeply secure, happy, and loved. It may also conjure up images of freedom, adventure, success, and excitement to spur you on. Dreams that leave you with such lingering feelings of joy and exhilaration are less common than those that leave you with feelings of dread and uncertainty. This may be because there are always constant challenges and responsibilities to face in the real world and your dreams tend to reflect your anxieties about meeting these challenges. Even though they are relatively rare, feelings of immense happiness in dreams are just as important to understand as feelings of sadness according to Jung and most other dream analysts. Joyful, uplifting dreams allow you to focus on the real-life experiences and situations that evoked them, as well as the way you feel about yourself and your life.

You may have had a dream in which you felt blissfully happy and content. Perhaps you dreamed that your life was filled with laughter, that you were surrounded by your loved ones or felt profoundly peaceful and joyful. If these senses and feelings mirror your current feelings in waking life, then your dream was simply reflecting your elation. If, however, you had a joyful dream but your current waking circumstances are far from ideal and you are feeling worried, anxious, or lacking in self-confidence, your unconscious may be trying to comfort and reassure you as a way of compensating for your current unhappiness or misfortune. Your unconscious may also be trying to send you an important message that can help boost your chances of happiness in waking life. Pay attention to the details of your dream. Who or what was it that made you feel happy? Was it a person, a situation, a place, or a sensation? Once you have discovered what it was that made you feel good, try to decide if your dream was a wish-fulfillment fantasy or whether the person, situation, place, or sensation holds the key to your happiness.

Dreams of flying and floating are often connected to feelings of elation, joy, and happiness. Flying dreams evoke feelings of freedom, liberation, and breaking free from the chains that bind you in waking life. Flying dreams can tell you of personal growth, creativity, and self-discovery. They may also symbolize great joy and excitement about what lies ahead for you in the real world. If you experience what seems like inappropriate happiness in your dream in a setting that in the waking world would normally be sad, such as

attending the funeral of someone dear to you, such a dream may point to a state of denial – in order to protect yourself from current feelings of unhappiness you may be refusing to face reality or drowning your sorrows in excessive or addictive behavior. As always, consider the context of the happiness or joy in your dream before settling on an interpretation.

HARBOR This symbol reflects a transition point in your life. You are leaving one stage or life behind and are preparing to face another. Pay attention to your feeling in these dreams as they will reflect your desire to move forward with your life.

HARE

See **ANIMALS**.

HARP The harp is the symbol of music and indicates the correct vibration we need to create harmony in our lives. To harp on about something is a term used to describe keeping on about something in waking life, and dream harps may well be urging us to be persistent in some activity.

HAT

See **CLOTHES**.

HEAD

See **BODY**.

HEADPHONES

If you dream you are wearing headphones or using earphones and it feels peaceful or natural to do so, this indicates a desire to concentrate more on your intuition or what your inner wisdom is telling you. In order to do that you need to find ways to shut out some of the noise and confusion of the

outside world, such as through mindfulness or meditation. If, however, you feel anxious when you wear headphones, this suggests you may be hiding in some way or avoiding social interaction with other people.

HAWK

See **BIRDS**.

HEALER

See **ARCHETYPES**.

HEALTH Unless you are actually ill or sick, dreams in which your general health and well-being are highlighted may be commenting not just on your physical health, but on your psychological and emotional health.

Such dreams can pinpoint areas of potential conflict and help you achieve a more balanced approach. If any part of the body is injured or painful in a dream, this may be well worth following up, since illness has been diagnosed in this way before. Bear in mind that dreams usually use body parts and illnesses as symbols for other areas of your life. So try to make a link between your dream ailment and your waking life.

Sigmund Freud pioneered the use of dreams in psychological healing and most dream analysts today agree that, in dreams, painful memories and feelings can surface disguised as physical illnesses or weaknesses. Sometimes such dreams foretell real illness if you don't take better care of yourself, but most of the time they represent the way you approach life. Perhaps you feel you can't cope with a situation, and illness is the easy way out. Dreams of this sort suggest that you are in conflict with some aspect of your personality and therefore not putting yourself in touch with a force that can give you health in both body and mind. Part of you isn't well and needs to be cared for. You need to heal these inner troubles and find psychological harmony.

See also **SICKNESS**.

Health Scenarios

Detoxing

If you dream of trying to give up smoking or going on a detox, it may be the case that your dreams will be commenting on your progress or lack of it.

Dreams in which you have a cigarette and enjoy it, or indulge in a naughty-but-nice cream cake may be escapist. On the other hand, if you stubbed out your cigarette or refused the cake in your dream, you are making good progress. Bear in mind, too, that the cigarette is often seen as a phallic symbol and it could be so in your dream; similarly, there might be another meaning to that dream detox – it may be about unhealthy attitudes, habits, and emotions that are poisoning your system and not food.

Diet/Exercise

A dream about dieting may be referring to some kind of restriction upon you in waking life. In your dream, you may be carefully measuring out food and drink portions, or longing for forbidden fruit. In waking life, have you been measuring out your time or restricting how much emotion you show? Are you holding back your feelings in some way? Similarly, if you overindulged or broke your diet in some way in your dream, are your emotions out of control? Vitamin pills and dietary supplements in your dream may be referring to your health. Does your health need a boost in some way? Are you lacking variety? If you can't decide which vitamin pill to take in your dream, then perhaps this represents the variety of possible ways in which you can reinvent yourself in real life.

If you were exercising or lifting weights in a gym in your dream, this may be referring to your body image. How easy or difficult you found the exercise may be commenting on your psychological and physical ability to complete a project in waking life.

Getting Weaker/Stronger

Are you weak in your dreams or so strong you can manage any physical feat required of you? If you are feeling weak, a medical check-up might be required, but it could also suggest that you feel somehow less than perfect in waking life and unable to accomplish what is required of you. Dreams in which you simply can't keep up with the action or are outrun by the bogey man are experienced more frequently as you age, and may well be your dreaming mind's way of helping you adjust to the natural aging process. If your dreams often feature themes of illness or loss of strength and you are concerned by these, see your doctor by all means; the chances are, however, that you feel unable to meet some internal or external commands in waking life. In your dreams, your unmet goals and high standards are making you ill.

But dreams in which you have boundless energy and physical power seem to be telling you that you are capable of far more than you realize. In some cases, as with people who are seriously ill or disabled, dreams of extraordinary energy and good health are compensatory or wish-fulfillment dreams.

If, in your dream, you are weak because you have lost weight, this can suggest concern about body image but it can also indicate possessive, demanding behavior from the people in your life. Conversely, gaining weight and strength may show an excessive need for their approval and a childish need for instant gratification. Finally, if other people are watching either your feats of strength or growing weakness in your dream, this suggests that you are preoccupied with themes of competition. Who or what are you trying to compete with, surpass or vanquish?

HEARING

See **SENSES**.

HEART

See **BODY**.

HEAVEN/HELL To see heaven in your dream signifies your desire to find perfect happiness. You may be trying to escape from the difficulties you are experiencing in your life, your dream serving as a medium through which you can restore your faith, optimism, and hopes. To dream of hell, by contrast, denotes that you may be suffering in a seemingly inescapable situation. You may have placed your decision about which course of action to take into someone else's hand. Alternatively, you may be experiencing fear and guilt about something, and are wondering what the punishment might be.

Dreams of actually being in heaven or other states of bliss and perfection such as Nirvana or Samadhi reveal either your current state of mind or your hopes for the future as in wish-fulfillment dreams. Are you feeling peaceful and content at the moment? Or is your waking life so difficult at the moment that your dreaming mind is sending you escapist images? Bear in mind that dreams about heaven are more likely to relate to your waking life on earth and are not predictive of the afterlife; although for many people who believe in life after death such dreams can be extremely comforting. Heaven can

appear in your dreams in the traditional forms depicted in religious art with God and angels or as a beautiful idealized landscape. If you witness yourself in this setting it could symbolize your quest for spiritual truth. On the other hand standing before your God may also conjure images of the Last Judgment so perhaps you are feeling unworthy of entering a spiritual plane or feeling judged in some way in waking life.

Dreams of being tormented in hell reveal your current state of mind or your fears for the future. Is life particularly hellish at present? Or are you wracked with guilt about something you have done or are thinking of doing? Hell in dreams is also an image of negative illusion or self created misery perhaps arising out of pain from past trauma or a situation that made you deeply unhappy. Hell therefore represents the projection of your inner state onto the world and if you feel miserable the world will seem miserable too. In other words you create your own heaven or hell. Images of hell also indicate that you may be punishing yourself in some way but they do offer some hope as once you have passed through this period of inner turmoil you can emerge a new and better person. It is important to bear in mind that dreams about hell relate to your waking life on earth and are not predictive of the afterlife; although for people who believe in an afterlife such dreams can be extremely frightening. On the psychological plane hell is also a symbol of the unconscious and such a dream may suggest that you are confronting the darker side of your personality.

HERB

See **FOOD**.

HELL

See **HEAVEN**.

HEDGEHOG

See **ANIMALS**.

HEN

See **BIRDS**.

HIDE Dreams of hiding or dreams in which you lock up your possessions

or hide them away in a safe place may also represent some form of fear that you are not facing up to.

HIGHWAY In dreams, any kind of highway represents a symbolic journey in real life; this may be related to your career, your private or your social life. Your actions on this journey will be significant. Were you caught in traffic, were you steering down a winding, dangerous road or driving the wrong way up a one-way street? Everything that occurs will be significant for your dream interpretation. To dream that you are in parking lot suggests that you need to slow down and take some time to relax from your daily activities. To dream that you cannot find a parking space indicates your inability to find your place in life. You may still be on your quest to find your talent or the niche where you belong. Alternatively, it may reflect your busy life and lack of time.

HILL Hills and gentle slopes lack the challenge of steep mountains so in dreams hills may indicate that the task of self-discovery or the path to success is easier than you think.
See also **COUNTRYSIDE.**

HOCKEY
See **SPORTS**.

HOLE Some dream researchers believe that birth dreams lead us back to life in the womb and the traumas associated with our own experience of birth. The psychoanalyst Nandor Fodor has written extensively about the subject of birth dreams, and gives the example of a woman who was born with the umbilical cord wrapped around her neck and who, in adult life, frequently dreamt of being strangled. She also gives an example of a person who received a head injury during birth, and in adult life frequently dreamt of being scalped. For example, dream attempts to escape from a tunnel, especially if small and dark, may refer either to memories of birth or to strategies you need to develop to reach inner resources. Seeing or going into a hole in your dreams may refer to a place, such as the womb, into which you might fall to feel protected.

HOME If the house that featured in your dream was your actual home and some aspect of it was highlighted, you need to decide whether your dream was literal (if you were clearing out a cupboard, is this on your 'to do' list?) or whether it relates to some aspect of yourself (could the same dream be telling you to sort things through and reassess your priorities?). The foundations of the house symbolize the basic attitudes and processes upon which your life is built. If your dream house represents yourself, what did your dream tell you about your foundations and structure? Were they sturdy and able to withstand bad conditions, or were they in danger of collapsing?

If your home is damaged in your dream, first consider whether you are worried about the condition of your home in real life; if you find that you are not worried about it all as you have just had a positive surveyor's report, then consider the dream's symbolic meaning. If the walls or fences were damaged, this would allow outside elements to get through, so perhaps you feel vulnerable or undermined in waking life. Broken doors also indicate vulnerability and an inability to maintain boundaries. Broken windows leave you open to intruders and may affect your view of things.

Houses in dreams often represent parts of your mind or personality, so if you dream of leaving your current home to live in another house, this simply reflects your awareness of different parts of your personality. Maybe you have been moving from one part of yourself to another, trying out different aspects of yourself? Maybe you are trying to decide who you really are? To dream that your house is broken into suggests that you are feeling violated. It may refer to a particular relationship or current situation in your life. Alternatively, it indicates that some unconscious material is attempting to make itself known, because some aspects of yourself have been denied. If your dream home is burgled, this may symbolize something you valued that has been taken away from you, leaving you feeling violated. Are you taking care of all of your valuables in your life, including yourself? Is someone trying to breach your personal defenses?

HOME, CHILDHOOD/HOME FROM PAST If your childhood

home or a home from the past continually features in your dreams, this does not necessarily mean you are stuck in the past or long to return to the security of childhood. The homes in which you once lived can become symbols of certain factors that shaped the person you have now become. Perhaps the most common past home dream is that of living in the house you lived in when you were a child. There may be major changes to the structure of the house, there may be people there that you hadn't met when you lived there, but you know that house more intimately than any other. It is a true reflection of yourself and the storehouse for all your emotions, both positive and negative. The house in which you grew up always has a huge influence on your psychology. Your house gives you boundaries and it is the place where you go to feel safe, its every corner a reflection of your mind. It is the symbol of your family, connections, and traditions.

Your dream childhood home can help give you clues about your current situation and help you examine your personality. What kind of house was it? Was it a large or small house, and did you think it was the same size when you were young? Are you still living in the same house? How many floors did it have? How many windows? What was its shape? Most of us live in square houses with corners, but some people's houses are round with no corners. Some suggest this may have a profound effect on a person's psychology because circles represent infinity and thus no restrictions. Can you remember what colors your house was painted in; how do those colors affect your feelings now? If something good always happened to you in a certain room, the color of that room may still make you happy for the rest of your life. Was there a place in your house where you went if you were miserable, or a place where something bad happened? What were the colors and shapes that were involved? Is it a dark place or a light place?

Although you are by no means doomed to repeat past mistakes, your dreaming mind may use your first home as an important reference throughout your life and you may often find yourself trying to work through current issues in the setting of this childhood home. Try to think of such dreams as an opportunity to reflect on your basic beliefs about home and family. Are you repeating patterns from your childhood in a current relationship and situation? Can your dream help you relate the past to your present life and to your life in the future?

HOME IMPROVEMENTS If your dream hasn't been triggered by a

television home makeover show, making improvements to your home may symbolize making improvements to yourself. Are there any jobs that you feel need to be done right now? Could you do with a coat of paint to brighten yourself up with a fresh new color? If you dream of building an extension, do you want or need to expand your horizons? Putting on a new roof may relate to raising your expectations, while applying a coat of varnish or paint can suggest a desire to disguise your own self-perceived flaws. It can also indicate the desire to gloss over problems in a relationship.

Whitewash may represent your attempts to cover up something that causes you embarrassment, whether relating to your own feelings of guilt or your suspicion that others are not what they seem. Clearing or laying down new paths or foundations may relate to new approaches to life. If household breakages feature in your dream this may represent flawed ideas. A cracked cup can symbolize lost love. A dream of breaking things in the house may suggest anger or despair.

Dreams of housework in general suggest keeping your internal house in order, perhaps by taking time to clarify or define motives, opinions and feelings about others; they also stand for the cleaning out of non-functional or negative attitudes, thoughts, and experiences. To dream that you are cleaning your house with a broom or dustpan and brush signifies your need to clear out your thoughts and get rid of old ways. You are seeking self-improvement. If you, or a cleaner, are cleaning, this may also recall memories of your mother. Alternatively, the house being cleaned may symbolize the self and a need to give extra care and attention to neglected aspects of your personality. When compared with sweeping, vacuum cleaning suggests both a definite desire to do away once and for all with the effects of a past action, and a definite desire to move on and put the past behind you.

To dream of cleaning windows suggests that you are trying to get a clearer view of the world around you. Using a washing machine may suggest it is time to confront old issues that are destroying your peace of mind. The water may also point to deep-seated childhood issues that need to come out in the wash. Hanging your clothes out to dry may suggest a yearning for the lost innocence of childhood or a desire for uninhibited sexuality. If you are washing the dishes in your dream, this may suggest a desire to wash away feelings of shame or disgust, or a wish to deny responsibility for something.

HOMESICKNESS

See **LOSS**.

HONEY

See **FOOD**.

HOOK Dreams that feature a hook may indicate that you are feeling caught or held, possibly against your will; this may be by a person, a lifestyle, or a substance, as suggested by the phrase to be 'hooked on' drugs. They may, however, be more positive, suggesting perhaps a hope to be hooked up with someone who accepts you hook, line, and sinker. Consider also whether a dream of a hook might not be referring to secret sexual gratification, as in a prostitute or hooker.

HORN A musical or hunting horn suggests some kind of summoning or warning in your waking life.

HORNET

See **INSECTS AND ARACHNIDS**.

HORROR If you are overcome with feelings of panic, fear, and horror in a nightmare dream scenario, try to identify what it was that horrified you. Your dream may be reflecting a phobia you have in waking life; your unconscious is not trying to torture you but is encouraging you to confront that particular fear. If you have a recurring dream of this nature, try to urge your dreaming self not to panic or run away but to face the spiders, ghosts, vampires, or whatever fills you with dread. You may find that this puts an end to the dream once and for all. If the cause of your dread is not so clear cut – for example, you are talking with a friend and suddenly feel anxious in your dream – your dreaming mind may be telling you that there is something about this person you fear at an unconscious level in waking life. You may feel that your friend is undermining you all the time with silly jokes about your weight or appearance. If, on the other hand, a hideous monster is about to devour you in your dream, this is a clear symbol of something you fear; your dreaming mind is telling you that, unless you deal with your anger, jealousy or guilt will consume you.

HORSE

See ANIMALS, PETS.

HORSESHOE

See ANIMALS, PETS, POSITIVE SIGNS.

HOSPITAL In dreams, hospitals can either mean a place of safety and healing if you have had a positive experience of hospitals, or vulnerability and disease if the experience was negative. Generally though, hospitals are symbols of healing, representing an aspect of yourself that longs to be pampered and cared for, relieved of the burdens of responsibilities in the waking world. If you find hospitals threatening in your dream, this may suggest that you feel apprehensive about putting control of yourself out of your own hands and into those of others in your waking life. If you are a hospital patient in your dream, this suggests a period of transition after something has not gone well, or a time of rest when you can learn from the experience and find new ways to get back on track. If you are visiting someone in hospital, is a part of you diseased, not well, or in need of special attention? Either way, if you have a dream that focuses in some way on a hospital, this suggests that you are in need of some tender loving care, both physically and emotionally.

HOSTILITY If you are hurling verbal abuse at someone in a dream, this may be urging you to put your energy to better use. If someone is hurling abuse at you, consider if you are accusing yourself of something in waking life or if you have made someone angry. If fury is expressed vocally in your dream, consider what is being said as it may contain a clue to your agitation. If you use or see weapons in dreams, these are clear symbols of aggression and heated emotions. The type of weapon featuring in your dream should help you understand what it represents in your waking life. If you know the person who is attacking you, then your dream may reflect genuine hostility between the two of you. If you do not know the person, the dream may represent your lack of control over a situation in your waking life or feelings of insecurity.

Consider also if this person could have been your shadow. Ask yourself what it is about this person that you dislike. Because your unconscious

sometimes projects characteristics or qualities that you dislike in yourself onto others, in your dreams your dreaming mind may be sending you a message that you should acknowledge this hidden aspect of yourself and come to terms with it. If you are threatened or make a threat in your dream, were you accusing yourself of something? Have you made mistakes or been inconsiderate lately? Take a note of your attitude in the dream as it could tell you a lot about your attitude toward being intimidated in real life. Do you cringe in fear or stand up for yourself? If a physical fight or dispute features in your dream, this may be between different aspects of your character or two different arguments that you need to balance. If there is a clear winner in your dream, you need to think about what message your dreaming mind is sending you about the correct course of action to take.

Images of a bursting dam, an erupting volcano or an avalanche of snow or rocks may also warn of emotional explosions overwhelming your self-control; they are all a sign that you should express how you feel. More positively, such dreams may point to a release of creative energy. Hidden anger toward someone can also be revealed by sudden discharges of gas or flames from a container – a bottle, box, or container in dreams often represent feelings that are bottled up. Other hate-filled images such as acid thrown in someone's face, a decapitated loved one, or throwing rotten eggs at someone can reveal that you urgently need to deal with your pent-up rage.

HOT Unless your bedroom is very hot or cold or you have too many or too few bedclothes, perceptions of being or feeling hot or cold in a dream are associated with your emotions. For instance, a refrigerator, freezer, or cooler in your dream may indicate emotional coldness or even sexual frigidity in waking life; if you subsequently have dreams of thawing out or defrosting, this indicates that your feelings are changing and your attitudes and emotions are becoming more relaxed. You may even have put something on ice in waking life and feel you can't make any more progress with it.

On the other hand, feelings of heat or warmth suggest passion for something in your waking life, or feelings of a sexual or loving nature toward someone. Remember, too, that heat is associated with fire and ice is associated with water. Dreams of a romantic sunrise or sunset may contain elements of wish-fulfillment, but they may also suggest feelings of inner optimism if it is a sunrise, and inner contentment with a sense of finality if it is a sunset.

HOT-AIR BALLOON If you were flying in a hot-air balloon in your dream, you may long to rise above or overcome problems in your waking life? Although you may lack a sense of direction, flying in a hot-air balloon does allow you to take an overview of the situation, rather than letting your vision get bogged down with petty details.

HOTEL Dreams that highlight hotels, bed and breakfasts, and boarding houses suggest that you are not currently feeling secure in your situation. They can also indicate a short-term situation, relaxation, and escape, or activities separate from home life. For business people, hotel dreams may refer to work. If you are about to take a vacation, your dream may simply reflect your excitement at the thought of the vacation. But if you are not going on vacation, the dream implies that you have reached a transitional stage in your life and the dream hotel mirrors how you feel about this change of circumstances. Perhaps you have recently moved to a new area, or a relationship has broken up and you are adjusting to your new single status. Was the hotel a bright, uplifting place or was it depressing and dirty? All these details will help you with the interpretation. Bear in mind, too, that hotels, although advertised as home from homes, are in fact impersonal places run by others – so do you yearn for anonymity or do you dread losing your identity? If the hotel has a gymnasium, this suggests challenges, finding ways to gain new skills, or concerns about your physical health and well-being.

HOUSE For the psychologist Carl Jung, building a house was a symbol of building a self. In his autobiographical *Memories, Dreams and Reflections*, Jung described the gradual evolution of his home on Lake Zurich. Jung spent more than 30 years building this castle-like structure, and he believed that the towers and annexes represented his psyche. In dreams, therefore, houses may represent your life structures or what you have created for yourself as a way of life; for example, values, attitudes, and goals, or things you feel ‘at home’

with, or feel you can be yourself with.

When interpreting dreams of houses, how you feel about the house is of particular importance. Houses can be forbidding places, and if you feel anxious in your dream, this suggests that something about your personality is bothering you. That you noted a particular part of the house in your dream may offer a clue, and the different rooms and everyday things in the house are also important as they represent different aspects of your feelings and make-up. It is common to dream of returning to a house from your past that you knew or lived in. This dream may be nostalgic or it may reflect a longing to return to the innocence of childhood. If you dreamed of leaving a house, the message is that you are ready to move on in waking life. If the house in your dream felt like it was your home.

To be living in a house in your dream, even one that isn't at all like your home, also represents yourself. Jung called the house the 'mansion of the soul', and most dream analysts believe that houses in dreams become holistic symbols of yourself; your mind, body, and spirit and your past, present, and future. If you were buying or building a house in your dream, perhaps you are considering making a dramatic change to your life, even to the extent of rebuilding it. If your dreams focus on paying the rent or the mortgage and this isn't a problem in waking life, then they are highlighting a responsibility in waking life that you find a burden. An abandoned house in disrepair may suggest emotional and physical neglect, while a house that is shuttered up might suggest being blind to what is going on around you. Dreams of an unfinished house should motivate rather than be a cause of despair, as life is a constant work-in-progress. A half-built house suggests what you need to acquire to further your personal development; perhaps more windows to give you a better perspective. A damaged blind or broken lock in your dream can highlight lack of privacy or your perceived vulnerability. A house in bad repair can denote the need to heal a family rift.

Even the most bizarre dream homes reflect the psychological territory you are living in right now, even if that 'home' is a medieval dungeon, a tropical island, a prisoner-of-war camp, or a train station. If you dreamed of living in a bizarre or fictional setting, consider the condition and qualities of that situation. Is it cramped, crowded, or lonely? Your new dream home can give you valuable information about how your current circumstances are affecting you and how you relate to others. If you are restricted or limited in your dream territory, ask yourself if you are creating those restrictions by your

reaction or if the situation is creating it. To see an old, run-down house in your dream represents your old beliefs, attitudes, and how you used to think or feel. A situation in your current life may be bringing about those same old attitudes and feelings. Alternatively, the old house may symbolize your need to update your mode of thinking. If your dream house is unfurnished, this may suggest a bleak self, devoid of feeling; an empty house, however, may indicate new opportunities.

To dream of a haunted house signifies unfinished emotional business, related to your childhood family, dead relatives, or repressed memories and feelings. To see a glass house in your dream signifies that appearances in waking life may be deceptive. To dream that you are living in a glass house signifies the threatened loss of your reputation. To see a mansion in your dream suggests that you need to grow in some way or other; if servants are waiting on you, this indicates undue vanity. You may feel that your current situation or relationship is in a rut and want to expand and develop your potential. If you see yourself living in a cottage, this signifies a longing for a gentler more spontaneous way of life. An ancient house could refer to a previous life in some way connected with your present existence. If you imagine your house is in among skyscrapers in the city, this suggests a preoccupation with financial matters, perhaps at the expense of your personal life. The opposite is true if your house is in a village in your dream.

Whether your dream home is an igloo or a mansion, pay attention to the details of the dream as it will be like a documentary featuring the interaction of your past beliefs, current challenges, and recent situations. If you don't like what you see, it is important to understand that you are in charge of your life; sometimes making small changes may be all that is needed to bring big results. Ancient dream-lore has many interpretations for dreams about houses and homes, but here are the most typical: country house – tranquility ahead; building a house – you will be self-confident; new house – a busy social life; empty house – low income; moving – worries about money.

HOUSEWORK

See **HOME IMPROVEMENTS**.

HUMMINGBIRD

See **BIRDS**.

HUNGER

See FAMINE.

HUNTED The most common type of nightmare or bad dream is the one in which you are being chased or hunted down by something or someone. According to Jung, being chased or stalked as prey is a primal memory of your human collective unconscious and may refer to early times in the history of humankind when it was common to be chased, often to the death, by an animal. If you are being chased in your dream it is important to think about who or what was chasing you, and then ask yourself whether there is anyone or anything in your life that reminds you of your pursuer.

HUNTING Dreams of hunting relate to the killing of innocence or the search for something or someone important. Surrounding dreamscape details and the type of animal, person, or thing you are hunting will clarify the meaning.

HURRICANE In both the real world and in dreams, gales and high winds suggest potential disaster. Your dreaming mind may be warning you that someone's pent-up emotion is about to burst out of control; that person could be you. Or has a situation reached a crisis point? A tornado or hurricane is an even stronger image of feeling powerless against violent and chaotic emotions. The image of a hurricane or tornado flattening houses or hurtling cars in the air may suggest the frailty of the material world or reflect your own feelings of insecurity.

A dream whirlwind has a different message, as it suggests confusion or a romance that may be about to completely change your life. An argument with a loved one may turn into a dream storm or hurricane, but your dream may contain clues for avoiding the worst of the storm. For example, the sun may have shone through, you may have found shelter or a gentle breeze may have

lifted your spirits.

If you lost your struggle against the wind, this indicates that you feel as if you are being forced to go along with others. If you enjoyed being carried along by gusts of wind, this may suggest a longing for adventure, unpredictability, and freedom from responsibility.

See also **TORNADO.**

HUSBAND To dream of your husband may simply be a dream about your relationship and your unconscious feelings about it. On the other hand, he may also represent the male side of your personality (animus) or your father. A woman's view of herself will have been formed by her connection with her father and any subsequent relationship will be colored by that attachment. If doubts about validity and intimacy are not properly resolved in her waking life, they will appear in dreams about the loss or death of her husband. They may also be projected onto other women's husbands in dreams. If your husband goes missing in your dream or you can't find him while out with him, your unconscious may be referring to the well-known statistic that most men die before women. If your husband is dead in both your dream and in your waking life, this refers to the memories you have shared with him. If another woman's husband appears, this may refer to a desire for a relationship outside your current one. If you are having sex with your husband in your dream, this can be a wonderful indicator of how you are feeling about your sexual and emotional relationship with him. If your first husband appears in your dreams, this represents nostalgia for the past, or more obliquely, competition for your current husband.

See **FAMILY, RELATIONSHIPS**.

HYENA

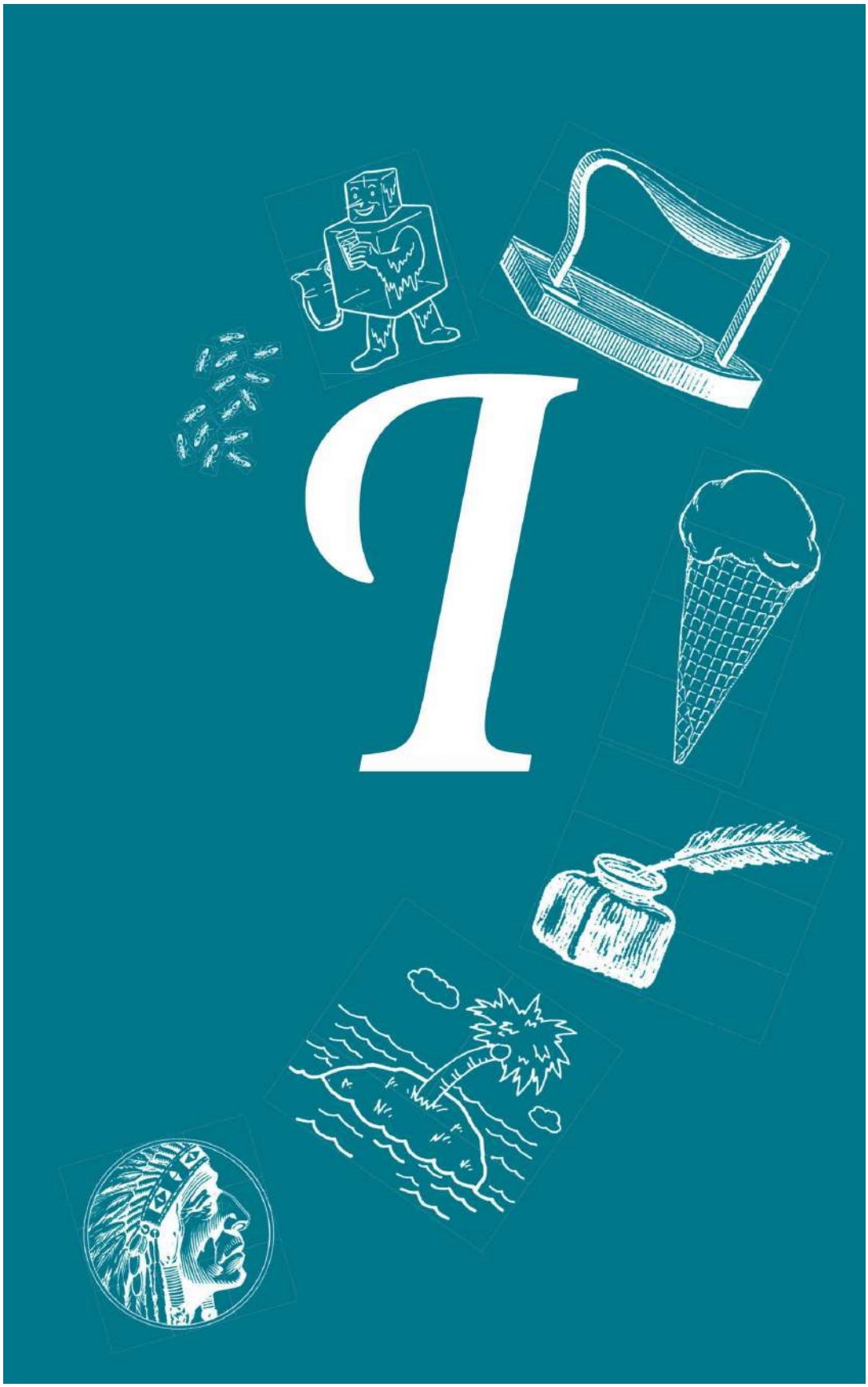
See **ANIMALS**.

HYGIENE If hygiene is an issue in your dream or you feel dirty in some way, your dream may be commenting on an unpleasant past experience whose influence you can't quite shake off. Do you feel emotionally unclean in some way? Is it time to make a fresh start? Washing and bathing in dreams may stand for a need to rid yourself of something you regard as harmful, while relaxed bathing in a warm bath may suggest a wish to return to the

comfort of the mother's womb. For Jungians, a shower has suggestions of an act of renewal, whereas a dream that focuses on washing hair may refer to a desire to rid yourself of someone, echoing the song, 'I'm gonna wash that man right out of my hair.' Rubbing and cleaning your body with a towel can be a dream symbol of masturbation and sexual frustration. Dreams in which you appear naked or nude while washing or cleaning yourself can suggest anxieties about being found out in some way in waking life. For Freudians, it suggests frustration at not being able to express yourself creatively.

HYPNOTIST

See **MAGICIAN**.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ICE/ICEBERG Dreams in which ice appears are symbols of emotional rigidity or indifference to the feelings of others. The image may have been conjured up to warn you against narrow mindedness and to urge you to open your mind to new possibilities. Just as water symbolizes the emotional life in general, ice and icebergs in dreams represent frozen emotions. Only when the ice melts can water flow. If you are falling through ice in your dream, this suggests a breakthrough of emotion, although the experience will be uncomfortable. An iceberg denotes a significant problem that is blocking your progress in waking life. Could it symbolize a difficult problem you have put on ice or tried to avoid but now have no option but to confront? If you dreamed of walking carefully over a frozen lake or pond, could the message have been that you are walking on thin ice in waking life or that someone is making your feel so vulnerable in waking life that you are treading carefully around them?

The tip of an iceberg reveals only a small part of a larger mass; in dreams, therefore, an iceberg may symbolize the visible part of a problem, acting as a warning to the dreamer to think more deeply about something. In addition, icebergs are impressive and beautiful, so their hidden depths may be overlooked. If an iceberg appears in your dream, ask yourself if you have hidden your feelings so well that people aren't aware of them. Are you hiding how you really feel? On the other hand, are you being icy toward someone or is someone giving you the cold shoulder?

ICE CREAM

See **FOOD**.

ILLNESS If you have painful memories or feelings of anger that you are holding within this may sometimes reveal itself in a dream about an illness or infection. This dream also suggests a loss of confidence in yourself.
See **SICKNESS**.

IMPOSSIBILITY Flying pigs, people walking on water, and other impossible or absurd occurrences in your dream suggest that you need to explore your creative impulses. The dream may also indicate that some situation in your waking life is fundamentally unworkable. Distorted faces and bodies in dreams may point to low self-esteem if you are distorted in form. If other people are distorted is there someone in waking life that you distrust? Sex reversal dreams may suggest wish-fulfillment or simple curiosity as well as the need to explore your anima or animus. A painting or a sculpture coming to life in a dream may be inviting you to become less inhibited. Is it time to become more animated and show the creative side of your personality? Talking animals may signal a need to draw on the instinctive side of your nature for inspiration and encouragement. One object transforming into another can mean a wish to make changes in waking life and the two objects involved may suggest what direction that change will take. For example, a pen turning into a book may point to a desire to stop gathering information and begin the task in hand. Animals transforming into humans suggests a desire to transcend instincts of which you may feel ashamed whereas a person transforming into an animal may suggest a desire to explore the deeper levels of your unconscious. If you or someone else in your dream transforms from a person into a plant or tree this may suggest a need to withdraw from the world for a while. On the other hand it could warn against being rooted to the spot, being unwilling to make changes. The transformation of a plant into a person, however, suggests some form of awakening when inertia finally gives way to action.

Most dreams have an element of impossibility, fantasy, or the surreal in them but when the events or images in your dream are so fantastic or have absolutely nothing to do with your waking reality how do you interpret them? The first step would be to try to understand them literally. For example, if you dream that a wrist watch is melting on your hand are you making the best use of your time? If you dream of having eyes in the back of your head do you need to watch your back in waking life? If it simply isn't possible to

interpret your dream this way, the next step would be to sit down with a pen and paper, think of your dream and begin to doodle. In some cases the symbols that flow from your pen may relate to your dream or provide a point from which you can interpret it. If this still doesn't help you can of course just let the dream go but if the dream continues to nag at you it is likely that it had some important thing to say. Many dream psychologists believe that there is no such thing as a meaningless dream so if the images in your dream were so fantastic you simply can't make sense of them the following technique may help. The following night when you are in bed, just before you are about to fall asleep tell your dreaming mind that you didn't understand the dream you had previously and would like a clue. In some cases, although you are unlikely to have the same dream, you may find that you have a similar or parallel dream. This is, in fact, a path you can follow with any difficult dream, not just dreams that have elements of the fantastic or the surreal.

IMPOTENCE This dream may reflect a concern with aging and the loss of sexual power.

INAPPROPRIATE ATTIRE Dreams in which you are inappropriately dressed or underdressed when everyone else is appropriately dressed for the occasion are classic metaphors for feelings of frustration and uncertainty in your waking life. Perhaps you arrive at your dream party wearing formal dress and everyone else is in shorts. If you are underdressed, it suggests that you feel out of place or are falling short of other people's standards. If you are overdressed, a misplaced air of superiority is indicated. Such dreams also reflect your insecurity about your social position and how other people regard you. If you were completely naked while everyone else was dressed, did you feel liberated or mortified?

The clothes we wear in dreams are aspects of our persona, so when they are stripped away they enable you to see yourself for who you really are; in other words, the absence of clothes reveals not only your body, but also your true self. If you felt embarrassed in your dream, do you feel vulnerable about exposing your true self or feel that it is lacking in some way? Are you afraid of being rejected if you show others what you truly feel? What are you afraid of exposing about yourself? If, however, you felt liberated, perhaps it is time

to throw away your pretences and reveal to others who you truly are. If nobody other than yourself noticed your nudity, your unconscious is comforting you by letting you know that it is safe to reveal your feelings in the real world. Another symbol of frustration in dreams is being refused a restaurant table, especially if there are plenty of spare tables in the restaurant. Such a dream, with its association with food and social interaction, may express a sense of social inadequacy.

INCEST

See **SEX**.

INDIGESTION In dreams, indigestion suggests an idea or attitude that does not agree with you or which you are finding hard to stomach in waking life; it may be something you have taken in, or upon, yourself that you did not realize was toxic when you welcomed it. We are ruled by our emotions and the stomach – being a nerve center which reacts to negative stimuli – is often the first to register changes in our emotional state. The dream may also point to actual indigestion. Alternatively, could your stomach have been protesting in your dream because it is literally crying out for nourishment, either literally or because you are feeling starved of love?

INFECTION Any form of infection or virus in a dream might be symbolic of ideas or thoughts that cause irritability or anxiety in waking life, or might be indicating that you are taking in negative attitudes from others to the detriment of yourself. Such dreams may also be a warning about your physical health and the need to boost your immunity.

INFIDELITY

See **ADULTERY**, **GUILT**, **SECRET**, **SEX**.

INJECTION To be having an injection in your dream indicates the need to inject more enthusiasm into your life. If the idea of inoculation or vaccination is present as well, you may want to protect yourself from intrusive emotions or unwanted urges. Injections imply healing and protection, so this dream may be trying to show you how to become emotionally fit. Bear in mind that the syringe is also a phallic symbol, so your

dream may have sexual connotations. Although much disliked and feared, the syringe is generally a benign symbol in dreams that work for your benefit. It emphasizes the message that, in life, sometimes a little hardship and pain is needed for the greater good.

INK

See SCHOOL.

IN-LAWS Archetypes may appear in your dreams in the disguise of in-laws. For example, your mother-in-law may appear as the devouring mother, and your father-in-law as the warrior or villain. If dreams about in-laws are negative, this typically suggests feelings of insecurity, rivalry, and mistrust that naturally arise when a newcomer enters the family and exerts influence over you. However well-meaning their intentions, they will always feel like a threat to your individuality at the beginning.

INSECTS AND ARACHNIDS

Insects are often considered irritating pests and harbingers of disease and infection in the waking world.

According to Jungians, the general interpretation of insects in dreams closely follows the way they are perceived in real life: as irritating and potentially dangerous creatures that often attack in great numbers. Some insects do, however, have qualities we can admire and although still able to annoy us, they can set a helpful example when they appear in dreams. Use your common sense and some general impressions about the specific insect when interpreting your dream. For example, if you dream about bees stinging you, think about some of your relationships; if ants appear, then consider your social interactions and work ethic. If you dream about wasps, are you in some kind of danger? Bear in mind, though, that dreams featuring insects are generally warning you of some poisonous or dangerous influence in your waking life.

In their positive aspect, insects in your dream represent the power of small things to create big results; they may be encouraging you to focus on the details and work in harmony with others. If you are a person who likes to work alone, your dream may be urging you to ask for help. On the negative side, insects can represent people, situations, or behavior that irritate you.

You need to stop trying to brush things aside and deal with whatever it is that is bothering you.

To dream of a solitary insect may be a message from your inner self. That your inner self should employ such an unlikely ambassador is a reflection of your (very unwise) contempt for your inner self, as shown perhaps in the way you exclude it from your conscious life. (Remember the cricket in Pinocchio's adventures?) A solitary insect may also imply something or someone that is 'bugging' or even threatening you. It might also suggest you are feeling insignificant, like an ant in the mass of other ants. More positively, a solitary insect can appear in dreams as a reminder of instinctive behavior.

If you are stung by an insect or insects in your dream, this suggests anxiety and grief caused by your own obstinacy; the dream is trying to prick you into taking positive action. The sting may also be an emotional one. Someone may have hurt you or gossip may have stung you. Have you been stung or hurt by someone's criticism, or was the dream referring to a sting or swindle someone is about to perpetrate in waking life?

Insects can also represent irritating, small problems in daily life with which you feel powerless to deal or feelings you would rather do without. These might be feelings of guilt or regret, or something that you cannot quite recognize tugging at your conscience. More often than not, insects represent negative feelings; they can symbolize how life requires you to form a brittle shell; they can also sometimes completely replace your own body, as in Franz Kafka's *Metamorphosis*.

Arachnids – here comprising scorpions, spiders, and ticks – often have a different symbolism; many people suffer from severe phobias for spiders, in particular. If you are fearful of spiders in the waking world, they will quite often simply represent something of which you are terrified in your subconscious.

Ant

The positive aspect of ants lies in their incredible industry, organization, and persistence. Whenever they appear in a dream, whether as positive or negative creatures, they suggest that hard work and persistence will make a difference in your life. The negative aspect of ants comes out in their robotic nature; dreaming of thousands of ants moving in rigid, pre-determined patterns can suggest you need more variety in your waking life. In this

regard, you may feel that your life is too structured and orderly. Ants can also indicate that you are feeling neglected and insignificant in your waking life or that petty things are annoying you. Cooperation may be the only way to achieve your desires. Dreaming of a column of ants is another image reflecting the importance of hard graft and teamwork in real life. An anthill in your dream may symbolize the workplace.

Bee

Bees represent productivity and the importance of group energy but they can also indicate frantic internal chatter. The noise and sting of bees can represent a cycle of worry and conflict. To see bees in your dream symbolizes good luck as a group, but weakness as an individual; dreams of bees are common when you are going through an experience that is laden with social expectations, such as a wedding. Bees, like ants, are symbolic of work and industry, as suggested by the phrase 'busy as a bee'. To dream that you are stung by a bee signifies unexpected misfortune; you may be unaware of trouble brewing around you. It can also indicate acting to fend off those who are trying to hinder your progress. Being attacked by a swarm of bees suggests that you may be creating a situation that has become uncontrollable and that you need to find ways of calming your inner chatter.

To dream of bees making honey offers the encouraging prospect of potential happiness and success in waking life. The sweetness of honey has long been identified with visions of happiness and well-being; in classical myth, honey was the food of the gods, and milk and honey flows in the Promised Land of the Old Testament. However, to kill or injure a bee in your dream indicates the loss of something important to you. To dream of a queen bee refers to your need to feel, or be, superior in some way; it might also mean that at some level you are aware of the need for hard work and industry. Spiritually, the bee symbolizes immortality, rebirth, and order.

Beetle/Ladybug

To see a beetle in your dream indicates that some destructive influences may be at work in your waking life. You may also feel that your values and beliefs are being compromised. If you dream of a scarab beetle – a creature worshipped by the ancient Egyptians as a symbol of creation – this symbolizes your ability to survive, adapt, and change. You may, however, be anxious about death and aging, and so it might also be a dream about

immortality. Quite by contrast, to see a ladybug in your dream is symbolic of good fortune and happiness.

Butterfly

To see a butterfly in your dream denotes creativity, romance, joy, and spirituality. You may be undergoing a transformation or rebirth in your way of thinking. To see a beautiful colorful butterfly in your dream denotes the positive impression you hope to make at a future social gathering or in some aspect of your life. It may also indicate your love of freedom and a refusal to be tied down. For Jung, the butterfly was a symbol of the whole psyche – as it was for the Greeks, to whom the word 'psyche' meant both butterfly and soul. If you have recently been bereaved, you may have felt comforted by dream in which a butterfly flutters up into the sky; this may represent the soul of someone who has died, as the departing soul is traditionally said to assume the form of a butterfly. Your unconscious may have been signaling to you that your loved one's spirit has been liberated. Remember, too, that a butterfly can represent your own soul and, if you are currently feeling overburdened in waking life, then this may be a wish-fulfillment dream.

Caterpillar

To see a caterpillar or grub in your dream signifies a challenging stage in your own personal growth and development. You are on the right path but have not yet reached your goal. Your dream is warning you that you must undergo a complete metamorphosis to grow into something more beautiful and realize your full potential.

Centipede

To see a centipede in your dream refers to modest beginnings that can take you further and higher than you initially expected; the implication is that you should return to your roots for inspiration and energy. In their negative aspect, centipedes suggest fears and doubts that hinder you from making progress and achieving your goals. You need to stop thinking negative thoughts. The numerous legs of the creature represent the variety of ways that limiting beliefs and self-criticism can move with us from childhood into every stage of later life. Your dream is alerting you to these thought patterns and urging you to cast them aside, as they are quite small in comparison with the force of your intelligence and spirit.

Cockroach

To see cockroaches in your dream represents an undesirable aspect of yourself that you need to confront. Alternatively, they may be a pun for smoking marijuana – the 'roach' is the filter – or pointing to a problem with your health or personal hygiene. They might even be referring to the low-life company that you are keeping in waking hours. On a positive note, cockroaches may also be symbolic of tenacity and longevity, or may be signifying your need for renewal, rejuvenation, and self-cleansing of your psychological, emotional, or spiritual being.

Cricket/Grasshopper/Locust

To see crickets in your dream represents the need for introspection. You need to pay attention to Jiminy Cricket, your conscience. To hear crickets in your dream suggests that you are letting minor things bother you. To see a grasshopper in your dream foretells of enemies that will threaten your interest, disappointments in business or illness. To draw other people's attention to a grasshopper signifies your indiscretion in dispatching your private business. Because we associate grasshoppers and crickets with the lazy days of summer, to dream of them may be often be more positive than is suggested by the interpretations above; your dream may simply have been wish-fulfillment. It could also have been a comment on your grasshopper mind: the inability to focus on anything for long before turning to something else.

The image of a plague of locusts is so strong in human thought that even in dreams it can present retribution for some wrongdoing in waking life. Dreams of locusts could mirror the horde of ugly problems that have been plaguing you in your waking hours. To see locusts in your dream could also signify scattered thoughts that need direction if they are to make an impact in your waking life.

Dragonfly

To see a dragonfly in your dream symbolizes changes. It may also indicate that something in your life may not be as it seems. To dream that you are eating a dragonfly suggests that you are consumed by some sort of passion, even at the risk of offending or hurting another person's feelings.

Flea

To see fleas in your dream signifies that you will be provoked into anger and manipulated into retaliation by someone close to you. Fleas are also celebrated for their ability to jump from one body to another. Do you have the kind of mind that can leap quickly from subject to subject? To dream that fleas bite you may signify vicious rumors by false friends that slander your character.

Fly/Bloodsucker

Unless a real fly is trapped in your bedroom and your unconscious incorporated its annoying noise into your dream, flies in dreams evoke images of persistence, speed, and relentless pursuit; they may also symbolize nagging, unwelcome people that you know or the need to be aware of certain negative aspects in your life. In addition, a fly can also represent limiting ideas or an unproductive use of energy; someone might be a 'fly in the ointment' and ruining things for you. If a fly settles on the wall in your dream, do you wish you could discover the details about something or if everyone in your dream is swatting away flies for you do you feel smart as in no flies on him?

Blood-sucking insects such as gnats, midges, or mosquitoes may represent instincts from the unconscious, the water from which they are bred and the darkness in which they thrive. Symbols of irritation, gnats, midges, and mosquitoes, like flies, violate the intimacy of their victims and feed off their blood. Is there someone in your waking life who is sucking you dry and draining you of energy?

Hornet

If a hornets' nest appears in your dreams, perhaps there is something you need to steer clear of in waking life. Hornets represent people and situations that bring threats with them; they are a symbol of trouble waiting to happen or festering beneath the surface. Have you 'stirred up a hornets' nest'? If you have been short-tempered lately and have a dream of a hornets' nest, look for the problem in the way you think about yourself because hornets nest in high places. Occasionally a hornet may represent busy thinking and over-activity; your dreaming mind may be sending you the image to encourage you to calm down and take things one step at a time. To dream that you are stung by a hornet is an indication of revenge and vengeful attitudes. It may also represent some stinging remark.

Leech/Louse

To see or be bitten by leeches in your dream refers to something in your life – people, habits, or negative emotions – that is draining the energy and vigor out of you. Alternatively, if your body is covered in leeches, then you are feeling disgusted by your own body or repulsed by something you have done. To see lice in your dream signifies frustration, distress, and feelings of guilt. You may also be feeling emotionally or physically unclean. Alternatively, the lice may represent a person, situation or relationship from which you would like to distance yourself. You may be feeling used or taken advantage of.

Moth

The polar opposite in dreams to the butterfly, the moth symbolizes those dark and uncontrollable urges from the unconscious that plague our efforts at transformation and self-awareness in real life. The moth is largely associated with night-time and therefore indicates the hidden or darker aspects of your personality. To see a moth in your dream indicates that unseen damage will not become apparent until it is too late. Such a dream is telling you that it is important to pay attention to minor details and not overlook things or others. Alternatively, the moth may symbolize your weaknesses, character flaws, or a dangerous attraction to someone who is not good for you, as the image of a moth flying too close to the flame indicates. Moths flying out of clothes in your dream may indicate old arguments and hurts that need to be addressed. Pay attention to the item of clothing that the moths attack; a coat, for example, might symbolize protection. More positively, however, to dream of a moth emerging from darkness signifies growing self-awareness in real life.

Scorpion

To see a scorpion in your dream represents a situation in your waking life which may have been painful or hurtful. It is also indicative of destructive feelings, ‘stinging’ remarks, bitter words, or negative thoughts being expressed by, or aimed against, yourself; remember that the scorpion has a sting in its tail. Your dream forewarns of a self-destructive and self-defeating path. The scorpion is also a symbol of death and rebirth, suggesting that you need to get rid of the old and make room for something new. To see scorpions floating in water suggests that you need to let go of some pain and learn to accept the situation. You may be going through the three-step process of denial, acceptance, and finally moving on. Alternatively, dreams of

scorpions may also represent a person who is born under the Zodiac sign for Scorpio.

Slug

Slugs rarely appear in a positive light in dreams and are often symbols of prejudice. Consider whether you have been denying some part of yourself; if you have, accepting that part might be the best medicine. Slugs are also associated with sticky, difficult situations, or emotions with which you would rather not deal. The only way to remove the problem is to deal with it slowly and carefully. Try to overcome your reluctance to handle a situation and let go of your wish that it will just go away. The situation will prove much easier and less painful to deal with if you proceed with awareness and care.

Spider

In their positive aspect, spiders represent the feminine capacity for creating something beautiful that has not existed before. Spider energy is also connected with patience and success through skill. On the negative side, spiders represent small or hairy things that create big fears and a dream featuring scary spiders may be associated with personal fears to which your dreaming mind believes you are overreacting. To see a spider in your dream can also indicate that you are feeling like an outsider in some situation or that you may want to keep your distance.

A spider may represent a fear, or something or someone who makes you feel vulnerable. Perhaps you feel trapped or entangled by emotions or fears from which you cannot escape. Alternatively, are you a spider trying to trap someone else in your web or is someone trying to trap you? Freud believed that dream spiders represent the devouring mother who consumes her children through possessiveness or the ability to arouse guilt. Try to get to know, not only your mother but, more importantly, what your mother means to you. One way of doing this is to converse with the spider: hold it in your mind and ask it searching questions. Or perhaps you are feeling trapped by another relationship in your life?

Dreams of a spider in your bed may suggest that intimacy with a loved one is triggering a lack of self-confidence and fears about being vulnerable and exploited. The spider can also depict any emotions you don’t want to ‘handle’, such as those surrounding a spouse leaving. It can suggest that you want to ensnare someone or something, or that you are feeling trapped

yourself. It may even represent the most basic survival instincts in us – can I eat, or will I be eaten by this person or situation? Superstitions dating back to the Middle Ages claim that it is a good sign to dream of spiders. To see a black widow in your dream suggests fear or uncertainty regarding a relationship. You may feel confined, trapped, or suffocated in this relationship. You may even feel hostility toward your partner. Because the female black widow has the reputation of devouring its mate, it thus also symbolizes feminine power and domination over men.

Wasp

To see a wasp in your dream signifies angry thoughts and feelings. Perhaps your unconscious is alerting you to someone in your waking life who has a waspish or bad-tempered character and from whom you expect a stinging rebuke? To dream that you are stung by a wasp symbolizes for Jungians a dangerous attack by the instincts. To dream that you kill a wasp signifies your fearlessness in warding off your enemies and maintaining your principles and rights. If wasps are building a nest in your dream roof this may indicate difficulties with spiritual progress.

Worm

Freudians might regard the worm as a phallic symbol, and according to your reaction, worms in general may represent a sense of threat. To see a worm in your dream also represents weakness and general negativity; you have a very low opinion of yourself or of someone in your life. To dream that the worm is crawling on your body indicates that you feel someone around you is taking advantage of you and feeding off your kind-heartedness. If the worm is bigger than you in your dream, this suggests a real sense of inferiority. There are also associations with death and rebirth, as being ‘given to the worms’ is a metaphor for death.

To dream that you have ringworm is urging you to take better care of your health and boost your immunity with a healthy diet and regular exercise. To have or see a tapeworm in your dream likewise forewarns of poor health if you do not take better care of yourself. If the floorboards in your dreams bore the signs of woodworm, could your unconscious have been warning you that unless you take action, something or someone troublesome will crawl out of the woodwork, ultimately causing things to collapse around you?

INSECURITY There may be areas of your waking life in which you feel insecure or unsure of yourself. You may be aware of some of these areas but in other cases you may be repressing your anxiety. Repressing any emotion is damaging and to grow stronger emotionally you should try to recognize and understand it. Dreams can help you with this process. Dreams in which you missed a bus or plane or miss an appointment may be reflecting your fear of being late. They may also be suggesting feelings of uncertainty in your waking life. If someone makes you late, that person may be part of the reason for your insecurity. If you are angry with yourself in your dream, you may be angry with yourself about missing opportunities in waking life.

Any dream in which your safety is threatened by natural disasters, such as floods, storms, or earthquakes, may be a sign of feelings of insecurity in waking life. Scan your dream for any clues as to who or what is dragging you down, killing you or giving you reason to hope. Is there a lighthouse, lifeboat, or coastguard in sight? Dreams in which you are abroad and unable to understand the language or culture are classic symbols of uncertainty about new situations in your waking life, as are dreams in which you are constantly outbid in an auction. Try to identify what you were bidding for as it might help you understand what is worrying or bothering you. Dreams in which you consult a therapist, psychiatrist, psychologist, counselor, or fortune-teller are telling you that you are not feeling as in control of a particular situation in your waking life as you feel you ought to. You may also feel unsure about whom to turn to for advice.

INSTAGRAM

See **SOCIAL MEDIA**.

INTERNAL ORGANS

See **BODY**.

INTERSECTION Dreams of intersections are a potent symbol of the need to make choices and changes in your waking life. Remember that whenever you make a choice you also reject something, so pay attention to the path on which you decide to travel in your dream and the surprises it might have in store.

INTERNET Dreaming about the internet is a powerful symbol of interconnection and globalization. It typically reflects a desire to feel connected to or a part of something more than your life currently offers. You are being encouraged to reach out to others, learn new things about yourself and the world you live in, and explore different ways to express yourself. Pay special attention to the situations or issues that you encounter in your online dreams, or the websites you visit, as they represent situations, communities, or knowledge you feel you want to reach out to or discover more about. These could be things external to you – for example, new relationships or travel or career opportunities – but more likely they will be things you need to learn about yourself and what lies hidden deep within you.

Notice the feelings dreaming about the internet inspires in you and be aware that your dream will be influenced by how you feel about the online world in your waking life. (For example, if you feel negative about going online your dream will reflect that tension and distrust.) If you are feeling lonely, lost, or anxious in your internet dream, this could suggest that you are looking for new connections online or that your current online connections are not nourishing you emotionally. The internet is a wonderful tool, but the digital world is also an illusion and any connections you have on there are not the same as real-life personal interactions. The way forward is to spend less time online searching for connection and more time trying to connect authentically with people in real life.

Dreaming about being online can also be warning you of the dangers of confusing fantasy with reality. Perhaps you need to take a long hard look at what is real and honest in your life and what is not authentic. This means looking at yourself first and whether you are being honest with yourself, and then looking at the people in your life and whether they are nourishing you or draining you.

If you feel excited and engaged in your internet dream this suggests you are well connected and working hard and fast toward your goals. You are on the right track, as long as you continue to pay attention not just to the vision or end goal but to the small steps you need to take along the way too.

Finding yourself doing an internet search or using search engines or scrolling pages, or just browsing with no particular purpose, also suggests a desire for something ‘new’ in your life. If you are swiping, this indicates your desire to find closure or move forward speedily from a relationship or situation or even a mood you are experiencing in waking life. This could be

learning something new or seeking out a new experience or a friendship circle or a change in direction or focus in how you approach things. Whatever it is you need more freedom and adventure in your life and it's time to leave old patterns of behavior behind. Pay attention to the information you are searching for or finding online and what it reveals to you. Can it offer you any insight into your waking life or a situation in your waking life? Don't feel you have to leave your online search in your dreams. Continue searching for that knowledge in a real-time internet search too and see where it leads you.

Finding yourself in an online chat room or talking to or messaging someone online in your dream encourages you to look at the health of your current relationships – not the relationships you have online, the ones you have in real life. Is there a need for greater connection and understanding in your life? Perhaps you need to put more time into cultivating real relationships rather than seeking them online. Or perhaps you feel misunderstood by those closest to you.

The people or voices you encounter in dreams about the online world represent hidden aspects of yourself trying to get your attention. Listen to what these virtual entities are showing or telling you. Whether you encounter a troll or a friend, they are parts of you that want to express themselves honestly to you in your dreams because they feel unable to do so in your waking life. Don't beat yourself up if you encounter hateful or disturbing things: your dreaming mind is simply allowing you to express them cathartically so that they don't need to play out in real life.

If you encounter a bot, your dreaming mind is drawing your attention to an aspect of your life where you are on autopilot and might benefit from injecting more passion and emotion. If you end up encountering elements of the dark web, such as porn or extremism or corruption, this is a way for your dreaming mind to explore safely such topics and satisfy your curiosity without you having to do so in your waking life. It could also be warning you to be more observant of your relationships and their health.

In general, being online and successfully connecting to the world wide web in a dream is a positive sign as it means that you are making progress and the right connections. A uniting theme behind dreams that feature internet symbols or associations is the importance of networking and reaching out to new groups of people. You are being urged to consider whether all your current relationships, personal and professional, are the best

for you. There is also the theme of speed and the need to work fast but to not be careless and hasty and to still pay close attention to the details. Remember, just one change of letter in an online link or address can cause serious misdirection.

Last, but by no means least, such dreams turn the spotlight on the acquisition of knowledge as, along with networking and messaging, this is what the internet was created for. Learning about ourselves and others and the universe we live in is what every human being needs to do to evolve. So, if you have recurrent dreams about the internet, or symbols associated with it, your dreaming mind may feel that you are not exploring your full potential and need to be far more curious in your waking life. It is urging you to always keep an open mind and never stop learning and evolving as a person. It is also reminding you that there is a whole world out there offline that is filled with amazing possibilities. The time has come for you to wake up, reach out, learn new things about yourself and the universe and move your life forward.

See also **COMPUTER**, **SOCIAL MEDIA**, **TELEPHONE**.

INTERVIEW

Dreams in which you are being interviewed are extremely common, especially if you are applying for a job in real life. Such dreams may reflect your true fears about the interview process but if you are not applying for a job, the dream image suggests that you are feeling uncertain about a path you have chosen in waking life. If, in your dream, you are told that you have or have not got the job, this shows how well you feel you are coping with a current project. If you are late for your interview or miss it, this indicates that you feel you have missed out on an opportunity. If you are giving a presentation in your dream, consider your feelings about the task. If you enjoyed it, you may feel that you are a good communicator; if you were terrified, you may doubt your ability. If you are the interviewer, you may be looking to solve a problem in waking life. Who were you interviewing, what did they represent, and how might this help you in waking life?

INTRUDER

See **FEAR**.

IRON

See **METAL**.

ISLAND A powerful symbol of feelings of isolation or loneliness but it can also suggest a need for privacy or the need to withdraw from the world by introversion. If there are other people on the island this can suggest isolating yourself by involving yourself with one particular group of people or one particular relationship or project to the exclusion of all else.

J

JACKAL
See **ANIMALS**.

JACKET
See **CLOTHES**.

JADE
See **CRYSTAL**.

JAIL
See **PRISON**.

JAILER If you were locked in a cell by a jailer you recognize, consider whether or not that person is restricting your freedom in waking life. If the jailer is unknown, what part of yourself are you locking away? If you are a jailer or prison officer, who did you arrest and who did they represent? If the person was unknown, could you be acting as your own jailer and restricting your personal growth with fears and inhibitions?

JAYBIRD
See **BIRDS**.

JEALOUSY To dream that you are jealous of another's fortune signifies your own misfortune and difficulties in climbing the social ladder. To dream that you are jealous of another person signifies that such feelings may be carried over from your waking life; something about this person makes you feel inadequate. Try to identify what exactly you are jealous of and ask yourself whether this is a quality you should nurture within yourself. If you dream that someone is jealous of you, your dreaming mind may be telling

you that this person harbors hostile feelings against you.

JEWELS/JEWELRY Jewels represent qualities that we most value in ourselves and others and to see them set in a necklace, bracelet, ring, earring, or other item of jewelry suggests attributes we cherish within ourselves and others. If you are given an item of jewelry in your dream, this shows that you have the support of others, but if you give the jewelry, it suggests that you feel you have something to offer to other people. If you find jewelry, your success will be due to your own efforts. If the jewelry has a particular history, such as a family heirloom or the first piece of jewelry given by a partner, then it represents what you feel about family tradition, or your partner. Jewelry can also indicate love that is given or received. Very often it can represent how you feel about yourself, and for it to appear in a dream as something valuable or cheap gives you an indication of your self-esteem. It may also give an indication of how others feel about you.

ITEMS OF JEWELRY In dreams, items of jewelry represent a special and precious value or quality, such as love, loyalty, inner beauty, friendship, or purity. Whether you are single or married, receiving a gift of jewelry in your dream denotes the love and the appreciation of the giver, so the purpose of such a dream may simply be to confirm or fulfill your desire for the love and affection of that person.

For centuries, a ring or band has been the symbol of marriage and partnership, and when a ring appears in your dream, it may represent commitment, fulfillment, and completion. It may also signify a need for greater sexual fulfillment or commitment in a relationship. Another interpretation is that the ring represents your essential self and wholeness, as the circle of a ring is never-ending and self-perpetuating. Bangles and bracelets also suggest wholeness and eternity through their circular shape. A wedding ring suggests a union and a promise, a ring belonging to the family suggests old traditions, while an engagement ring suggests a temporary promise of devotion. An eternity ring would suggest that this promise is more permanent. Quite differently, a signet ring would indicate something that has been, or needs to be, sealed.

Necklaces arose from the wearing of a chain of office and therefore in dreams they suggest a dignity and honor bestowed on the wearer. Seeing

someone wearing a necklace suggests a personal breakthrough. If you lose a necklace, you may have been careless recently, but if you find a necklace, you have much to be grateful for. If you steal a necklace, you should be careful not to take what isn't yours. If you are given a necklace and it breaks, this suggests that there is a weak link in a relationship. Wearing a beautiful necklace is wish-fulfillment, but if the necklace is heavy, you may feel dragged down and restricted in waking life, with heavy responsibilities.

Dreaming of wearing a crown or tiara suggests that you are being congratulated in some way in waking life, or deserve to be. If the brooch in your dream was one of your own, your personal associations with the brooch, who gave it to you and what it means to you, should be your first consideration. If it was being admired in your dream, you may be feeling pleased with yourself. Bear in mind a brooch is sometimes called a pin, so is someone trying to pin something on you or to blame you unfairly. Dream earrings may be drawing your attention to your ears. In waking life, are you getting the message from someone? Do you need to keep your ears open during waking hours?

See also **GEMSTONES.**

JOGGING If you dream that you are jogging you appear to have your responsibilities under control but you may feel dissatisfied or bored with certain aspects of your life, especially if you are on a treadmill running fast or working hard but going nowhere.

JOURNEY Making a journey within a dream can be a direct replay of a real journey, but in most cases the journey is a symbol of your travels through your inner world. According to Freud, dreams of a pleasant journey suggest steady progress in psychoanalysis; but the imagined motion of the journey also represents a wish for sexual intercourse. For Jungians, dreams of journeys act as a message telling you that it is time to take note of new possibilities and reach out for new challenges that can help you toward our spiritual destination. In some cases, dream journeys reflect how easy or

difficult you are finding your life. Many modern dream analysts might see in such dreams a desire for change in some aspect of your life, a desire to ‘move on’.

When trying to understand the meaning of your dream, it is important to take note of your mode of transportation, whether you are walking or in a vehicle, the pace at which you are moving, the direction you are taking, any obstacles in your path, the weather, any luggage you were carrying, and the person or people with whom you were traveling. All these details, along with your emotional reaction to the dream, will give you a good understanding of the progress you are making in waking life.

JUDGE Dreams of being tried or sentenced by a judge or law court express feelings of guilt about something you have thought, said, or done in waking life. But if you feel you are innocent and your dream portrays you as guilty, this represents your waking sense of indignation that you have been a victim of injustice or feel that you have been judged unfairly. If, however, you played the part of the judge in your dream, pay attention to who was on trial and what they were on trial for. Try to see if there are any parallels with your waking life. If you were part of a jury in your dream, you may feel that you are part of a collective judgment in waking life or that you have joined in with others in judging someone else.
See **WORK**.

JUGGLING
See **CIRCUS**.

JUMP/JUMPING If you are jumping or leaping in your dream, this suggests ambition and a desire to move forward with your life, or progress in your career.

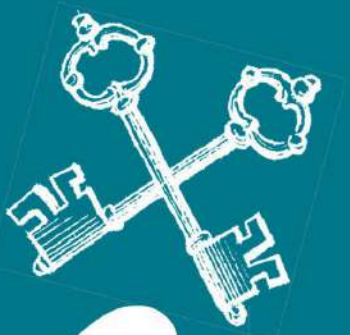
JUNGLE Dreams of jungles often appear when you are pressured at work. As a more savage and untamed version of the forest, the jungle – with its creepers, wild animals, and carnivorous plants – is a metaphor for the tough

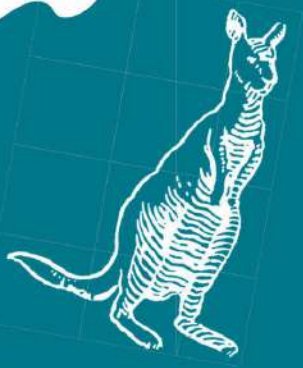
and confusing instincts lurking in the unconscious. It can often symbolize chaos, as in ‘a jungle out there’, and this chaos can be either positive or negative, depending on the interpretation of the dream. The jungle represents your unconscious urges, those areas of yourself that remain uncivilized and which need to be tamed if you are to move forward with your life. If you are trapped in the forest in your dream, this indicates that you are feeling trapped by negativity and fear; but if you are surviving happily in your dream jungle, you have overcome your fears and made sense of yourself and your environment.

JURY

See JUDGE.

K





KANGAROO

See ANIMALS.

KETTLE If you dream of a kettle, even though its spout is a symbol of male sexuality, it suggests that someone can get hurt if passions are not handled carefully. On the other hand, it could also indicate your present mood: steamed up and about to explode. At the other extreme, the image of a broken kettle may mirror feelings of emptiness, as if all zest for life has gone.

KEY Keys are clear symbols of freedom and opportunity in dreams. They are also symbols of home ownership and trust, as you only give the keys to your home to people you trust. Bear in mind, though, that jailers also carry keys, so they can also be symbols of restriction and confinement. If your unconscious highlighted a key in your dream, it could have been drawing your attention to any of these symbolic associations or reflecting your waking hopes and fears.

Keys might also represent an explanation or solution to a dilemma that has been worrying you. This is especially the case if your dream key fitted and a lock opened, as locks are symbolic of obstacles to success and self-knowledge. Where the lock was located in your dream may be significant. If it was on a door, this is a symbol of transition or opportunity, but if it was on a cupboard, box, or safe, this can represent your true nature and hidden inner qualities that are latent or repressed. If, however, the key, code, or password did not match the lock in your dream, this could be a suggestion that you need to look elsewhere if you want to unlock or release the insight that will help you find a solution. According to Freud, keys are phallic symbols and the lock can signify the vagina, so if you dreamed of a key being inserted into a lock, the dream may have had an erotic significance. On the door of whose house was the lock that was being unlocked?

KEYBOARD

See COMPUTER.

KEYHOLE

See DOOR.

KIDNAP If kidnapping features in your dream, this may suggest the desire to dominate or be dominated by another person. If you are the victim but don't feel afraid, this could lend a sexual connotation to your dream. If you are held hostage in a dream, this could indicate that you feel someone has a hold on you, or that you are subject to some influence that prevents you from doing what you need to do. Hostage-takers often make demands for money, personal recognition, and so on. Is there someone in your waking life who is placing unnecessary demands upon you, or making you feel guilty? In some hostage dreams, as in real life, a rapport develops between the victim and the hostage-taker; if this is the case, it could indicate a love–hate relationship in your waking life. Finally, might this kind of dream not also suggest that you are held hostage, not by a person, but by your fears?

KILL If you dream about plotting to kill, killing a person or an animal, or see people or animals being killed, this does not necessarily mean you have latent violent tendencies. Instead it can mean the death of thoughts and actions that have been restricting your personal growth. A deliberate act of murder might suggest hostility, with the identity of the victim and murderer assisting with the interpretation. Killing an authority figure typically suggests a desire to escape social or personal constraints. Killing a parent points to unresolved childhood conflicts, perhaps deep-seated resentments that have not been expressed. If the parent was of the opposite sex, Freudians might consider it as evidence of the Oedipus complex. Dreams of actually killing or murdering someone or being killed or murdered yourself in a dream are not very common, but if you do experience such dreams they may indicate deep and unresolved emotional and psychological conflicts that are interfering with your emotional and psychological health in waking life. There is a part

of you that feels dead or out of control or there is a part of your life that you wish would disappear. Such dreams of murder or killing can also express violent and powerful rage. What is making you feel so angry in waking life?
See also **MURDER.**

KING Whether it is a president, king, or queen, the symbolic role of the head of state is to act as the father or mother of the nation and your unconscious may therefore summon such an image into your dream to represent the mother or father archetype to guide you or alert you to disruptive or dictatorial behavior within yourself. If you dream of being knighted, praised, or singled out in some way by a visiting head of state, this may suggest that you feel unappreciated by those around you in your waking life. Alternatively, depending on the context of the dream and your relationship with your parents or boss in waking life, a dream head of state may also represent your relationship with your actual parent or boss.
See **ROYALTY**.

KINGFISHER
See **BIRDS**.

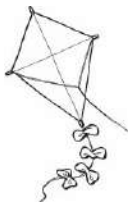
KISS
See **SEX**.

KITCHEN To see a kitchen in your dream signifies your need for emotional nourishment. The kitchen is the emotional heart of the home and when you are trying to sort through your feelings you may dream of it. Kitchens are also places of experimentation and magic where you can create new dishes out of existing ingredients. Did the kitchen encourage you to linger by offering rich food for thought or was it a barren room that had no temptations or stimuli on offer? Pay attention to the condition and layout of your dream kitchen. If it is cramped and cluttered, you may have taken on too many emotional problems that belong to others. If the kitchen is bare, your life may be lacking in emotional intimacy.

Kitchen imagery often reflects the need to work through your current problems by listening to your heart and recognizing what really matters to you in your waking life. Assume that all the people and elements present in

your kitchen dreams are clues to help you develop your full potential. If you dream of the scullery, this room – used for the storage of kitchen utensils and doing messy kitchen work – could be another symbol of your mind, the storehouse of your unconscious.

KITE A dream of flying a kite may suggest that, although your feet are on the ground, you are starting to control your aspirations and direct them to a higher place. If the kite disappeared from view or snapped from its string, then this may suggest that you have been overambitious and that your vision has lost touch with reality.



KNEEL To dream that you are kneeling suggests a desire to dedicate yourself to a cause, project, or person. It can also indicate a need for greater humility.

KNIFE

See **SILVERWARE**.

KNIGHT

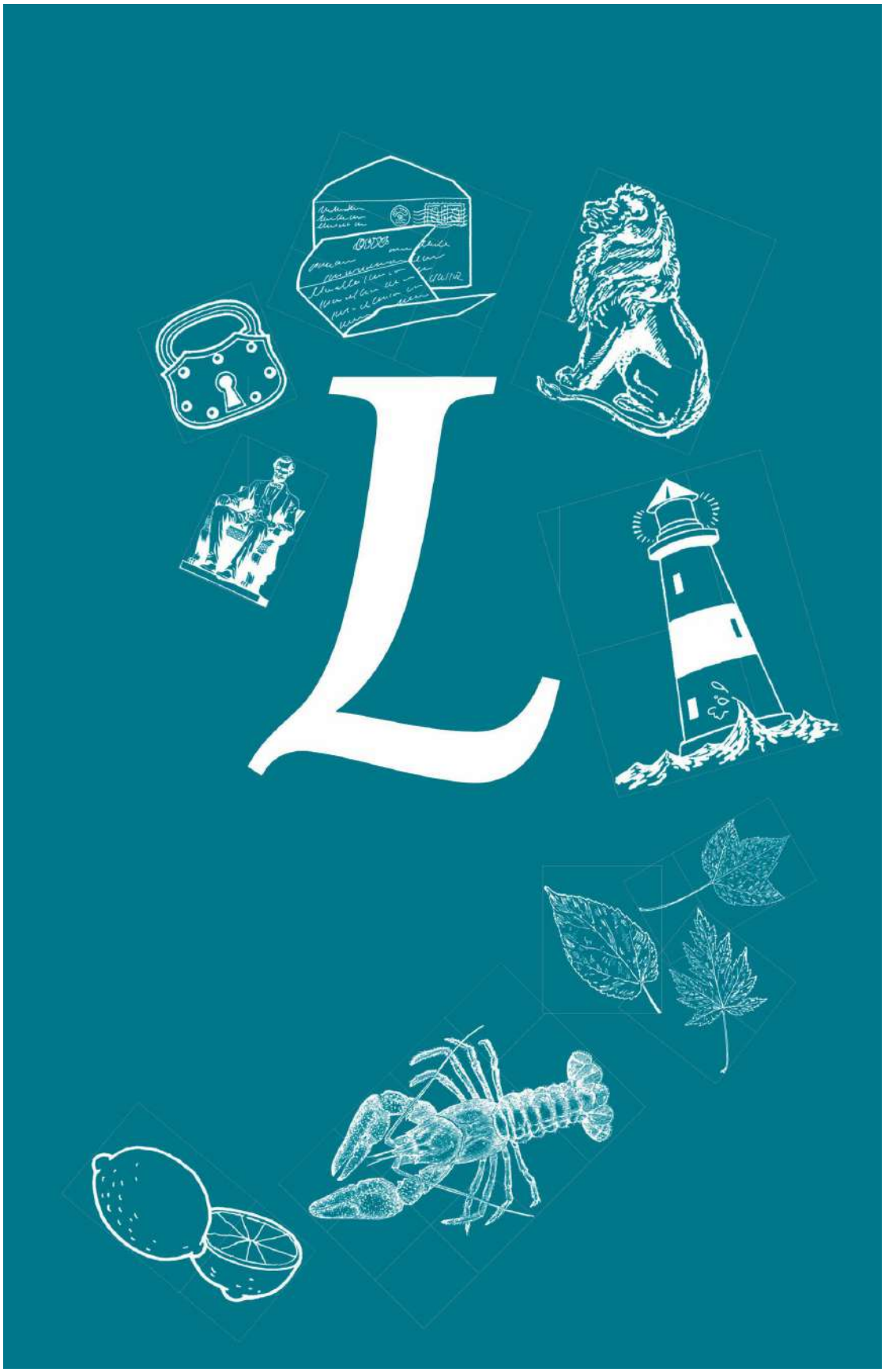
See **ARCHETYPES**.

KNITTING If you were knitting or doing crochet, the symbols may be indicative of some waking situation. For example, if you dropped a stitch in the dream, have you been tactless in waking life? If there was a break in your yarn, have you argued with someone? Wool has from the earliest of times

represented warmth and protection, and if you are knitting with wool or see wool in your dreams, it can suggest gentleness or motherly qualities within yourself. Be aware, too, of the phrase ‘pulling the wool over someone’s eyes’. There might be things that you don’t know about or don’t wish to see at the present time.

KNOCKING If you are knocking on a door in your dream, this suggests a desire to make contact with or hear from someone. It can also indicate the need for love and care, or to be the focus of someone’s undivided attention in waking life. Alternatively, you may have been knocking on wood in a superstitious attempt to ward off misfortune. Another interpretation suggests that your attention is being called to whom or what was knocking, perhaps some aspect of yourself that needs to be allowed in.

KNOT A knot in a dream symbolizes the various ties in your life and relationships with others. If you carefully untie a knot in your dream, this suggests a readiness to deal with a problem, rather than ignoring it by impatiently cutting the knot in two. The knot also has sexual symbolism, representing a couple’s personal and sexual union.


L

LABOR
See **BIRTH**.

LADDER A ladder in your dream may relate to work in your home, such as painting, but if you cannot make a practical connection, try and think of the purpose of the dream ladder. How is it being used? Like elevators and stairs, ladders in dreams relate to your progress or lack of it.
See also **CLIMBING**.

LADYBUG
See **INSECTS AND ARACHNIDS**.

LAKE Lakes, lagoons, pools, ponds, and puddles are typically still, so if they feature in your dream, they could be reflecting your emotional calm. If a lagoon appears mysteriously, reminding you that still waters run deep, this could be referring to your own hidden strengths or weaknesses. Some dream researchers believe that lagoons in dreams are symbols of the womb, so perhaps when they appear in a dream, you are longing to retreat to a safe haven. If you are a woman, they may refer to a desire for children and if you are a man, a longing for intimacy. Dream ponds can also reflect your unconscious personality, facets of which will be represented by the creatures who live in it. If your dream pond is lifeless and stagnant, is your emotional life currently unfulfilling? If you watched a fish swim to the surface, could it have represented the emergence of your intuition? If the pool suddenly transforms into a whirlpool or maelstrom, this suggests emotional turbulence or confusion in waking life.

LAMB
See **ANIMALS**.

LAME Dreams that feature your feet and legs tend to refer to your general progress in life, so dreaming of lameness, for example, may signify an inability to move forward.
See also **LIMP**.

LANDSCAPE When the setting of your dream is particularly prominent in your dream, it is usually trying to convey to you some kind of message from your unconscious. The setting of a dream is the environment or landscape in which the action takes place. Sometimes the place reflects your mood but it can also be a reminder of a particular time in your life or of particular people. In general, the setting signifies the environment in which the main action of your life is happening. For example, if you dream of walking across the road in a busy city in the rain, your dream has a completely different setting to going for a walk in a park on a sunny day.

Try to assign a feeling and function to the setting of your dreamscape; that busy city might convey the feeling of purpose and speed, together with the function of work; that park might suggest the feeling of relaxation and the function of refreshment. When you have defined your feeling and function, try to see what part they play in your waking life and what the other details of the dream say about them. Bear in mind, too, that you need to consider personal associations. A countryside walk may conjure up an image of heaven for some people but of hell for others, particularly if they suffer from severe hay fever.

Interpreting the symbolism of the dream setting can give you an insight into your own inner landscape. If the setting is familiar, look out for symbols of your work or home situation to decide whether the dream is about your professional or personal life. Such a scene may also take you back to childhood or a time of learning. If the setting is not familiar, or from your past, think about how it may relate to the emotional climate of a current situation. Recurring landscapes in dreams indicate feelings to which you often return; if the same scenes recur, they suggest habitual attitudes with which you approach a situation. Recurring scenes of your past represent a stance you developed at that time in your life. Although landscapes do tend to reflect habitual feelings rather than temporary moods, if the landscape does change in your dream, perhaps you need to make corresponding changes in your everyday life or in your approach to life. Composite scenes, consisting

of many images that you recognize in one setting, are usually drawing your attention to particular qualities or moods which have relevance to the content of the dream. The country where your dream is set may also have significance.

See also **FOREIGN COUNTRIES**.

Bear in mind, too, that the light, the weather, and other features of your dream landscape all contribute to the setting and are all saying something about your mood or the feelings the dream inspires. Light is a common symbol of consciousness, so a sunny landscape will indicate clarity and awareness and a bright and sunny place will suggest fun and liveliness. Dark places in general represent the unconscious, although landscapes that become dark or dreary during the course of the dream may also refer to your subjective view of the world; for example, a dark shadowy murky scene signifies feelings of depression. A place that becomes lighter and brighter during your dream suggests possibilities and potentials, while the dim illumination of moonlight is a common symbol of intuition.

The nature of the weather in your dream will also express how you are feeling. Bad weather may foretell of troubles lying ahead, rain falling may indicate a release of tension, while the appearance of a rainbow across the landscape might suggest your troubles have found some sort of resolution. A beautiful place in a dream may be encouraging you to use your creative imagination in waking life, a sheltered place might be offering peace and security, unknown places could be revealing aspects of yourself of which you may be unsure and wide open spaces offer you a taste of freedom from confinement, whether emotional or physical.

The structure of the landscape also reflects your feelings about the content of your dream. A landscape that is hard to travel over or live in says much about the emotional or practical obstacles in your waking life. Your dream may have created a symbolic scenario to show you the things that are preventing you from being happy and fulfilled. What you see lying ahead of you in a dream, such as a mountain or a flight of stairs, is significant as it

represents the challenges you have yet to face. Obstacles in dream landscapes may express your everyday concerns. For example, you may find it impossible to cross a busy street in your dream; the street may well be a symbol of an impending exam. If some aspect of your dream landscape did not seem right or was out of proportion, perhaps you are not seeing things straight in waking life.

LANDSLIDE Dreams about landslides, earthquakes, and volcanoes all point to inner turmoil or emotional conflict that is shaking the foundation of your world. Unlikely to be prophetic, your dream is warning you about something that is going on in your waking life to which you need to pay attention. If you dreamed that the earth was cracking open beneath you this threat may be echoed in changes at work or insecurities within a relationship. If you are swept away by a landslide in your dream, you are being urged to hold on to someone or something in your waking life to regain stability.

LANGUAGE If you find yourself being talked to in a language you don't understand or that doesn't make sense, the dream may tell of your concerns about missing the point in regard to some element in your waking life. If you are speaking in a new language, this suggest that you need to broaden your horizons. Perhaps you need to take on a new challenge or embark on a new adventure. If an interpreter appears in your dream, this may suggest that you need to have something explained to you. If you are doing the interpreting yourself, perhaps someone in your life is relying too heavily on you in social situations and this is placing too much responsibility on you.

If your speech is broken or you cannot get the words out in your dream, this reveals insecurity about your communication skills. If code language is involved in your dream, try to remember the code signals and see if they have any relevance to your waking life. Finally, if you or a character in your dream says something totally out of character or unexpected, this may be giving rise to something you aren't yet ready to say to yourself or to hear. For example, if your best friend tells you that you are going to fail your driving test, perhaps this indicates that your friend isn't as supportive of you as you like to think they are. Alternatively, these surprising words may reflect your own self-doubt, or that old issues and negative voices from your past are coming back to haunt you.

LAPTOP
See COMPUTER.

LARK
See BIRDS.

LATE Dreams in which you are late for a train, bus, plane, appointment, interview, or date despite your best efforts to be on time often signify your anger and frustration at having missed an important opportunity in waking life. If someone or something was responsible for making you late, try to identify who or what it was. Dreams in which you are anxiously checking your watch but still miss the bus may also be warning you that you are both mentally and physically exhausted; this is especially true if you were too tired to summon up the extra energy needed to get to where you needed to be. If you have such a dream, ask yourself whether you feel frustrated about missing an opportunity in your life and try to identify what that opportunity was. Dreams in which you miss a bus, boat, or any other travel connection may also suggest that you feel others are moving ahead of you and leaving you lagging behind. Dreams of running after a departing train are very common. According to Freud, trains are classic phallic symbols, suggesting a sexual cause behind frustration expressed in the dream.

LAUGHTER You may find yourself laughing as you wake up from a dream; in some cases, when you recall the dream images you may realize that what you were laughing at was not very funny at all. If this happens, study all the other symbols in your dream and particularly the symbol that most made you laugh, as this will hold the key to your interpretation. The purpose of jokes is to surprise and amuse you in unexpected ways, so if you dream of hearing or telling a joke, your dreaming mind may be trying to draw your attention to a serious issue to which you need to pay attention in your waking life; serious things are often said in jest, even in dreams. Alternatively, dreams of laughter can also have a sinister side, as laughter can reveal emotions of embarrassment, fear or even a sense of paranoia, especially if others are laughing at you. Associated with folklore and wicked witches, if you hear cackling in your dream, it may be your inner voice ridiculing your grandiose pretensions.

LAW Dreams of being tried or sentenced by a judge or law court express feelings of guilt about something you have thought, said or done in waking life. But if you feel you are innocent and your dream portrays you as guilty, this represents your waking sense of indignation that you have been a victim of injustice or feel that you have not been judged fairly.

LAW COURT A law court in a dream may make you focus on your capacity to make fair judgments in complicated matters concerning work, friends, or family members. It may also highlight your feelings of being on trial in waking life, or a sense of guilt about having broken a promise, or a moral or social law. Perhaps you are anxious about being judged by others or feel that there something that you should be punished for.

LAWYER

See **WORK**.

LEAD

See **METAL**.

LEAF

See **TREES**.

LEAK

See **NEGATIVE SYMBOLS**.

LEARNING Dreams that focus on lessons and the business of learning are concerned with the acquisition of knowledge. If a lesson is being taught by a school teacher, college lecturer, or university professor, your dream is turning the spotlight on the acquisition of knowledge or learning. The subject matter of the lesson will be of great significance here, as the implication may be that you can find fulfillment by stimulating your mind and exploring your creativity in this particular subject. On the other hand, the lesson may also be alerting you to the need to address a specific area of your life. For example, if you dreamed of learning a foreign language, your dreaming mind may not be encouraging you to learn a new language but to open your mind and try to

understand the point of view of others.

Dreams of classrooms often indicate your relationship to authority. If you are trying to avoid your teacher's eye in your dream, you may be trying to avoid responsibility, whereas eagerly raising a hand suggests a desire for attention or to prove yourself. Your dreaming mind may also be urging you to think about what you really learned at school. If you dreamed of being punished in class, such dreams may point to masochistic sexual pleasure but are more likely to suggest feelings of guilt about not meeting your responsibilities.

LEATHER

See **FABRIC**.

LEECH

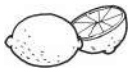
See **INSECTS AND ARACHNIDS**.

LEFT AND RIGHT You may have a dream in which left and right become significant. If this is the case, bear in mind that if you are right-handed, the right hemisphere of the brain is thought to control the left side of the body and this part of the brain is instinctive, artistic, and intuitive. The left side of the body therefore indicates these qualities and in dreams represents the parts of yourself that are less expressed, such as the unconscious. In right-handed people, the left hemisphere of the brain is thought to control the right side of the body, and this part of the brain is believed to be logical and functional. The right side of the body therefore represents the dominant, conscious, and well-expressed side of yourself. Dreams can also use a play on what is right or left to suggest opposites or conflicts within yourself. The left usually suggests the external world of activity and the environment, while the right parts of your unconscious suggest struggling to express yourself. A few people might also find that in some dreams one side of their body represent the feelings and attitudes they absorbed from their mother, and the other side what they absorbed from their father.

LEG

See **BODY**.

LEMON Lemons can be extremely sour, so if you were sucking a lemon in your dream, this could mirror your acid tongue in waking life or the acerbic behavior of someone you know. Lemons generally denote inferiority within a dream, so if you see shriveled lemons in a dream, you may experience separation or divorce with a loved one. Eating or sucking on a lemon within a dream symbolizes the need to be cleansed or go through a period of healing. When you dream of a lime, it is a symbol that hard times may be in the future, but after these are endured you will experience periods of great prosperity.



See **FRUIT**.

LEOPARD

See **ANIMALS**.

LETTER The arrival of a letter in your dream represents a realization, usually about someone else, or news about yourself. Your reaction to the letter is important. Did you feel anxious, resigned, or happy? How you opened the letter is also significant. Did you open it eagerly or did you put it aside unwilling to open it? Whenever a letter appears in your dream, your dreaming mind is telling you that something needs your attention in waking life. Dreaming about receiving letters, just as in daily life, usually represents receiving news, information, or messages from someone specific, from your unconscious or from the world at large. You may be coming into greater awareness about some aspect of your life or yourself. If your dream letters remain unopened, this may represent missed opportunities. If the letter is black around the edges, this may refer to your feelings about death.

If the letter is from a particular person, this suggests specific feelings or thoughts concerning the person the letter is from. If you get to read the letter in your dream, try to see if the text has any bearing on your waking life. If the letter came from abroad, you may be thinking of traveling or are thinking of someone who lives abroad. To dream of writing a letter may tell you of the need to communicate information to someone; a dream of writing several

letters may tell you that there are many people you wish to make contact with. If you dream of sending a letter, this may be a prompt to contact the person to whom you are posting the letter or to impart information to them. Incomprehensible or unintelligible letters may suggest frustration at being unable to solve some problem. A letter that turns out to be a blank page is a clear sign that you should stop waiting for other people to take the initiative and take the initiative yourself. An anonymous letter can be a message from your unconscious that you need to slow down and reflect on your actions in waking life. While handwriting in a dream letter can reveal personal feelings or communications, a typewritten or word-processed communication implies a more impersonal communication.

LETTERS OF THE ALPHABET Possible dream associations for the 26 letters of the alphabet include the following:

A

First letter of the alphabet. The corresponding letter of the Greek alphabet is alpha. Alpha and omega, the last letter of the Greek alphabet, symbolize the beginning and the end and, in the New Testament, Christ. In musical notation, the letter is the symbol of a note in the scale. The symbol can also refer to a blood group, a vitamin, the months August and April, or any word, place, sound, or name represented by the letter ‘a’. In education, a grade of A typically represents the highest score that students can achieve.

B

Any word, name, place, or sound represented by the letter ‘b’. The second in a series. Something shaped like the letter B. The second best or second highest in quality or rank. A mark of ‘B’ on a term paper. A written or printed mark representing this note. A string, key, or pipe tuned to the pitch of this tone. One of the four major blood groups in the ABO system. The symbol for the chemical boron.

C

Any word, name, place, or sound represented by the letter ‘c’. The third in a series. Something shaped like the letter ‘c’. The third best or third highest in quality or rank; a mark of C on a term paper. The first tone in the scale of C major or the third tone in the relative minor scale. Symbol for the element carbon and the Roman numeral 100. A circled ‘c’ represents copyright or ownership.

D

Any word, name, place, or sound represented by the letter ‘d’. The fourth in a series. Something shaped like the letter ‘d’. The lowest passing grade given to a student in a school or college. A string, key, or pipe tuned to the pitch of this note. In Roman numerals, the number 500.

E

Any word, name, place, or sound represented by the letter ‘e’. The fifth in a series. Something shaped like the letter ‘e’. In education, a grade that indicates a ‘fail’. A string, key, or pipe tuned to the pitch of this note. The hypothesized traditional source of those narrative portions of the Pentateuch in which God is referred to as Elohim, so therefore a word of great power. In weather forecasting and geography, E stands for east, one of the four cardinal directions.

F

Any word, name, place, or sound represented by the letter ‘f’. The sixth in a series. Something shaped like the letter ‘f’. In education, a grade that indicates a ‘fail’. A string, key, or pipe tuned to the pitch of this note. In chemistry, F is the symbol of the element fluorine.

G

Any word, name, place, or sound represented by the letter ‘g’. The seventh in a series. Something shaped like the letter ‘g’. A string, key, or pipe tuned to the pitch of this note. In physics, G stands for the gravitational constant, the force that brings you back to earth.

H

Any word, name, place, or sound represented by the letter ‘h’. The eighth in a series. Something shaped like the letter ‘h’. In chemistry, H is the symbol for the element hydrogen.

I
Any name, word, place, or sound represented by the letter ‘i’. The ninth in a series. Something shaped like the letter ‘i’. A symbol for the self, the person you are.

J
Any word, name, place, or sound represented by the letter ‘j’. Symbol of January, June, and July or the Jack in a deck of cards. The tenth in a series. Something shaped like the letter ‘j’. Tradition has it that this is the source of those parts of the Pentateuch which refer to God with the Tetragrammaton (JHVH, or Jehovah) rather than as Elohim, therefore a letter of power.

K
Any name, word, place, or sound represented by the letter ‘k’. The 11th in a series. Something shaped like the letter ‘k’. In chemistry, K is the symbol for the element potassium. In law, K is a symbol for a contract, and in baseball for a strike-out.

L
Any name, word, place, or sound presented by the letter ‘l’. The 12th in a series. Something shaped like an ‘l’. In the movie *Men in Black*, agent ‘L’ (as in *elle*, French for ‘she’) is the lead female character.

M
Any name, word, place, or sound represented by the letter ‘m’. The 13th in a series. Something shaped like the letter ‘m’. In information systems, M is often used as the abbreviation for the male sex in personal data records. In calendars, M is often an abbreviation for Monday, or for the months March or May. In French, and some English works by French authors, M. is an abbreviation for Monsieur.

N
Any word, name, place, or sound represented by the letter ‘n’. The 14th in a series. Something shaped like the letter ‘n’. In weather forecasting and geography, N stands for north, one of the four cardinal directions. In calendars, N is often an abbreviation for the month November. In chemistry, N is the symbol for nitrogen.

O

Any word, name, place, or sound represented by the letter ‘o’. The 15th in a series. Something shaped like the letter ‘o’. One of the four major blood groups in the ABO system. Zero or nothing. In chemistry, O is the symbol of the element oxygen, essential for life.

P

Any word, name, place, or sound represented by the letter ‘p’. Symbol for the smallest unit of the British currency, the penny. The 16th in a series. Something shaped like the letter ‘p’. In chess, P is a symbol for the pawn. In chemistry, P is the symbol for phosphorus, something that spontaneously combusts at room temperature.

Q

Any word, name, place, or sound represented by the letter ‘q’. The 17th in a series. Something shaped like the letter ‘q’. Q is the name given to a (hypothetical) lost gospel manuscript believed to have been the source of the passages in Matthew and Luke that bear close similarity to each other but not to parallel passages in Mark. In chess, Q is a symbol for the queen. It is also the symbol for a question, as in FAQs (frequently asked questions).

R

Any word, name, place, or sound represented by the letter ‘r’. The 18th in a series. Something shaped like the letter ‘r’. In film, R is a rating given by film classification boards meaning ‘restricted’. R is sometimes used as a symbol for river.

S

Any word, name, place, or sound represented by the letter ‘s’. Symbol of the snake. The 19th in a series. Something shaped like the letter ‘s’. In chemistry, S is the symbol of the element sulfur. In weather forecasting and geography, S stands for south, one of the four cardinal directions.

T

Any word, name, place, or sound represented by the letter ‘t’. The 20th in a series. Something shaped like the letter ‘t’. In calendars, T is often an abbreviation for Tuesday or Thursday. In propositional logic, T is the symbol for true.

U

Any word, name, place, or sound represented by the letter ‘u’. The 21st in a series. Something shaped like the letter ‘u’. A grade that indicates an unsatisfactory status. In communication, U is an abbreviation for the word ‘you’ in texting or instant messaging.

V

Any word, name, place, or sound represented by the letter ‘v’. The 22nd in a series. Something shaped like the letter ‘v’. V is for Victory. In computing, V is an operation on a semaphore, used for process synchronization. In grammar, v is an abbreviation for verb or action.

W

Any word, name, place, or sound represented by the letter ‘w’. The 23rd in a series. Something shaped like the letter ‘w’. In weather forecasting and geography, W stands for west, one of the four cardinal directions.

X

Any word, name, place, or sound represented by the letter ‘x’. The 24th in a series. Something shaped like the letter ‘x’. A mark inscribed to represent the signature of someone who is unable to sign their name. An unknown or unnamed factor, thing, or person. To delete, cancel, or obliterate with a series of Xs. Often used with the word ‘out’. In films, X used to be the rating given to films suitable for an adult-only audience. A symbol for Christ, as in Xmas. In genetics, X denotes the X chromosome (XX denotes female, XY male).

Y

Any name, word, place, or sound represented by the letter ‘y’. The 25th in a series. Something shaped like the letter ‘y’. In genetics, Y denotes the Y or male chromosome. In internet slang, ‘why’ is commonly denoted by Y due to the similarity in pronunciation.

Z

Any word, name, place, or sound represented by the letter ‘z’. The 26th or last place in a series. Something shaped like the letter ‘z’. In cartoons, multiple Zs are slang for sleep. In mathematics, z denotes a complex variable.

LIBRARY In dreams, a library can represent a storehouse of your experiences in life as well as your intellect. If the library is well ordered, this suggests that you handle knowledge well. If the library is chaotic, with books missing or wrongly shelved, this suggests that you may be suffering from information overload or have difficulty processing information. If someone distracts you in the library in your dream, it may suggest that the ideas being considered in waking life are not worth your attention. If you are working on your psychic and spiritual development, the library will have added significance as a place where the collective wisdom of humankind is collected. The more we develop psychically and spiritually, the more we have access to this collective wisdom – also known as intuition and the collective unconscious.

LIGHT A symbol of clarity and insight and can signify the light at the end of the tunnel.
See also **COLOR CONNECTIONS**.

LIGHTBULB Are you in need of illumination? If the lightbulb goes out this suggests that your energy levels are low; your dream may be urging you to get more rest or to pay attention to your lifestyle.

LIGHTHOUSE A lighthouse may appear in a dream as a beacon guiding you to safety through dense fog. Bear in mind that a beacon or lighthouse can also indicate a rocky area you should avoid, and therefore contains a warning about the direction in which you are heading. Such a dream may be urging you to rely on your own resources to avoid floundering. For Freud, the lighthouse was, of course, a phallic symbol rising above the maternal symbol of the ocean.

LIGHTING If you are carrying a light that flares in your dream, does this

mean you have a flair for something, a talent you are not using? Or does it mean you are about to flare up and have an angry outburst? As mentioned above, light is the symbol of life, knowledge, and enlightenment and in dreams, casting a bright light may present an optimistic image of your well-being, but if it is flickering, this suggests uncertainty. A light that is unlit may be a symbol of ignorance. If you use a flashlight or torch in your dream, this suggests you are trying to seek out truth and integrity in a corrupt situation.

LIGHTNING Dreams of being struck by lightning refer to sudden insight. Because lightning has long been considered a symbol of communication between the world of the gods and that of human beings, if lightning appears this suggests intuition, inspiration, and the sudden awakening of psychic powers. In general, lightning indicates unexpected or sudden changes that are about to take place. These changes may be about your routine or the way you think. Lightning can also indicate a discharge of tension, or a necessary but destructive act on your part in order to make progress. Spiritually, lightning can denote sudden enlightenment or personal growth.

LIKES

See **SOCIAL MEDIA**.

LILIES

See **FLOWERS**.

LIMP To dream that you are limping suggests that there is a lack of balance in some area of your life. Perhaps you feel that you are giving more than you are getting back at work or in a particular relationship.

LINE A line is a symbol of movement but also of division or a dividing force, such as a boundary, as expressed in the phrase ‘drawing a line in the sand’. If someone is drawing a line in your dream, it indicates their decisiveness or their extent of their boundaries. As your geometry teacher probably told you many times, a straight line is the shortest distance between two points. It is the straight path, the road to take to reach your goal. If you are dreaming about a straight line, it means you want to find an efficient way to reach your goals rather than meandering and wasting years and years

before attaining your dream.

If the line is tangled or knotted, this suggests indecision and confusion in your life, while if the line zigzags, this suggests change and movement. Whereas a straight line represents the straight and most immediate path to a goal, a wavy line is one that meanders around, taking in the sights and taking its time. The person taking the straight path only cares about the goal and getting there, but the person taking the wavy line, the curvy path in life, is exploring all the options. They are enjoying each day for what it brings, enjoying the side trips, relishing the changing of the seasons and the turning of the days. Yes, they might not reach their goal as quickly but for the person taking the wavy line, the journey and living every day to the full is the goal.

If you find yourself on line in your dream you may be waiting for something you want in your waking life; the dream could also symbolize your position in relation to others. Alternatively, your dreaming mind may simply be urging you to be patient and wait your turn.

LION

See **ANIMALS**.

LIPS

See **BODY**.

LIPSTICK

See **MAKE-UP**.

LIVING ROOM To dream that you are in the living room or lounge represents the image that you portray to others and the way in which you go about your life. It is representative of your basic beliefs about yourself and who you are, as – like the bedroom – this is a room in which you tend to relax and be yourself. If your dream living room is crowded, cramped, and full of strange furniture, this suggests a lack of privacy. If it is taken up with office furniture, this suggests absorption with career. Don't assume that a trashed living room or even a coffin in the middle of it mean that you are on the path to self-destruction. Dreams such as these are pointing to qualities within yourself that can be changed or corrected by adjustments to your attitude and approach to life. When a living room features in your dream, take notice of

those things that make it special or pleasant, as these are things within you that make your life rewarding. If the room is ugly, leaky, or damaged, consider what parts of your life these dream images represent and how they can be cleaned up, repaired or changed.

LIZARD
See **REPTILES**.

LOBSTER
See **CRAB**.

LOCK
See **KEY**.

LOCUST
See **INSECTS AND ARACHNIDS**.

LOLLIPOP
See **FOOD**.

LONELINESS Dreams about being alone often refer to the solitary life you might be leading, but they can also refer to those times when you need to strike out in a new direction, separating yourself from your friends and family in a non-social context. To dream that you are alone in a crowd may imply that you are isolated from those around you, while being alone in a landscape may suggest that you prefer to make decisions by yourself. A dream of being an astronaut on a solitary space walk may refer to deep feelings of being alone or going it alone. If you dreamed you were alone in a garden or the countryside, a more tolerable – even pleasurable – form of solitude may be being referred to. Finding yourself alone as a child is a powerful image of loneliness, emotional vulnerability, and feeling lost.

LOSS Some dreams leave us with a painful sense of loss; dreams that take us back to happy times in the past, for example, or dreams of being abandoned, lost or bereaved. In some instances, such dreams can reflect

feelings of regret about actual events or people you have lost but more often they are a symbol for something missing in your life; perhaps direction, confidence, or intimacy, or even a sense of personal identity. Another explanation suggests that such dreams are a warning that you are in danger of losing something important. Perhaps you have not been valuing or appreciating an aspect of your life enough. Finally, a dream of losing something or someone important can also suggest lost opportunities, past relationships or, according to Jungian analysis, forgotten aspects of yourself. Your personal associations to the thing you lose will give you clues as to the emotional meaning and possible interpretation of your dream.
See also **GRIEF, LONELINESS**.

Abandonment

Dreams in which you are abandoned by a loved one or left feeling lost and helpless can hark back to archetypal childhood fears of being abandoned by those on whom you were totally dependent for physical and emotional nourishment, such as your parents or the people who raised you. As adults, this fear can manifest in dreams of being abandoned or rejected by parents, friends, family, or people you care about. If you had this kind of dream, you may be feeling insecure about the love and respect the person in your dream has for you. Alternatively, your dreaming mind could be reliving the actual pain of a relationship break-up. If this is the case, you haven't resolved your feelings about the break-up; the message of your dream may be to face up to the loss, think positively, and take control of your life again. If you felt liberated in your dream when you were abandoned by a friend or partner, your dreaming mind is telling you that your break-up is not the disaster you feel it might be; in fact it could be a liberating experience.

Crowds

The dream scenario of losing someone you love in a crowd is typically associated with the grieving process. It is not uncommon for bereaved people to feel, in addition to their sorrow, that their loved one has abandoned them. It might be, however, that the person lost in the crowd could represent a part of yourself you are unable to connect with. Dreams of trying in vain to struggle through crowds in a busy shopping center or sports arena suggest conflict or barriers between your conscious and unconscious mind. Oppressive crowds between you and your goal indicate that you are not

satisfying your unconscious desires.

Farewell

Dreams that feature farewells or final goodbyes tend to have the same significance as dreams of bereavement. If you were saying goodbye to someone in your dream, ask yourself if that relationship is coming to an end, at risk of coming to an end or whether you need to say goodbye to some aspect of your life that you connect with that person. Dreams in which a loved one recedes into the distance and eventually disappears from sight suggest feelings of grief mixed with resentment. On the other hand, dreams in which a loved one waves goodbye happily from a distance suggest you are reconciling yourself to the reality of your loss.

Homesickness/Nostalgia

Dreams from which you wake up with a sense of unhappiness, regret, and nostalgia for the past occur for two reasons. The first is to compensate for unhappiness in your present circumstances by reminding you of past happiness and the possibility of enjoying that kind of happiness again. The second is to help you come to face up to painful memories and come to terms with the past. If you were awash with homesickness in your dream, try to pinpoint exactly what it was that you were missing. The answer may tell you what your unconscious has identified as lacking in your real life. Perhaps it was a sense of belonging, a sense of fun or childhood innocence and spontaneity.

Incongruous Emotions

If, in your dream, you are attending a cheerful, fun occasion such as a party, festival, or dance and feel intensely and inappropriately sad, this may indicate your need to turn away from distractions and confront your sense of life. Similarly, if you experience inappropriate happiness or elation at a dream funeral or death, this might point to your being in a state of denial in order to protect yourself from the reality of a personal loss.

Losing Something

If you lose something in your dream, this suggests that you have become distracted in waking life and have lost sight of what really matters. Ask yourself what it is you have lost and what it may symbolize. It may be an opportunity, a relationship, a way of thinking, or even your own identity. Do

you no longer feel as if you belong somewhere? Alternatively, the image may be a symbol of something that is missing from your life that you never had in the first place. For example, if you lost your car, you may have lost a sense of direction; if you lost money, you may feel you've lost your self-confidence or something you value about yourself; if you lost your key, have you forgotten a solution to a problem or perhaps the key to self-knowledge? If you simply can't work out what significance your lost object has to you, it might help to do a free association exercise (write down the first ten or so words that immediately come to mind in relation to that symbol) to decipher the lost object's symbolism, to decipher what it is that you need to find.

If you dream that you are recovering lost property, the nature of the property recovered, together with the feelings of relief and joy it brings, will indicate the focus of your dream. For example, if you recover your purse, this is linked to identity and a renewed sense of self. If you recover your wallet, this is linked to finances. Do you now feel in a stronger position? If you recover a camera are you trying to hold on to memories or seeking a false sense of security? If you recover lost clothes are you seeking a new self image? If you recover shoes are you recovering your footing? If you recover your lost phone are you re-establishing communication with someone?

Loss of Body Parts

Because the body often represents the self, loss of body parts or injuries to your body in a dream can symbolize the emotional pain of losing parts of yourself. A dream that some part of your body is amputated can leave you with a feeling of irreplaceable loss. Such images may refer to the loss of a loved one but they can also appear when what you have lost is less tangible – for example, the love or respect of someone or your own self-respect. Psychologists give the name 'fragmentation' to the process when you give up parts of yourself in order to fit in with or please others. This is something we all do, but if your own true nature is overly censored, the unconscious may send out warning signals about what you stand to lose by the denial of aspects of yourself.

Dreams in which you lose a hand or a foot, are missing an internal organ or have a body part disappear or fall off are therefore often signs that some part of your potential is being lost due to the path you have chosen. The common dream of losing teeth may reflect waking problems but can also symbolize loss, the break-up of relationships, moving house, moving away,

or any other change which involves the ending of one phase in life and the beginning of another. If the teeth become loose but stay in your mouth choking you, this could mean that you are holding something back or keeping your thoughts and feelings to yourself; the price is some form of damage to yourself. A dream in which you lose your virginity is a reflection of the loss of childhood innocence. What have you lost recently in waking life that has damaged your previous system of beliefs?

LOST Dreams in which you are lost link with feelings of confusion, lack of direction, or conflict. The dream environment in which you are lost will define what the confusion or conflict is about. Sometimes this lost feeling arises because there are issues or changes in your life that you have not acknowledged or do not want to acknowledge. If you have this dream, ask yourself in what sense you have lost your way. Have you lost your identity, are you confused about your career goals or unable to make clear decisions? Do you feel as if you have no direction in life? Identifying the problem area and considering your options should help you get right back on track. In spiritual terms, you do not know what you are looking for until you find it and the search for lost objects represents the search for enlightenment. Some psychologists believe that dreams about being lost may also signify a new beginning as they express the anxiety of leaving behind the old and familiar.

Dreams in which you are lost in a maze or labyrinth are classic symbols of difficulty or confusion in various areas of your life. Dreams in which someone else is lost represent issues or feelings regarding that person that are unresolved; they can also indicate a lost opportunity. Consider also whether there are aspects of the person you have dreamed you have lost within your own self. Perhaps you need to recapture and re-acknowledge those aspects. To dream of losing your partner is a common dream for people in long-term relationships, showing that you are exploring their possible death. It is not a prediction, only an awareness of a situation that may or may not occur while you are still alive or together with them. Dreams in which you are happily wandering alone in a desert, forest, or unknown land may be prompted by feelings that the source of all your problems lies outside yourself. Your dreaming mind is urging you to look within for the answers.

Lost Purse or Wallet

In this dream, you are out somewhere and suddenly discover you have lost

your purse or wallet and start to panic. You may try to retrace your steps but can't find it and the problem gets worse when you realize you have also lost your keys and money. The loss of a dream purse or wallet suggests that change is occurring in your life and you are experiencing it largely with a sense of loss, confusion, and even as a threat to your being. Your dreaming mind is urging you to reconnect with the things in life that bring you reassurance and joy, and to look toward the future with optimism instead of panic.

LOTTERY If you dream of winning the lottery, such dreams are wish-fulfillment, especially if you are having financial difficulties. It could also suggest that you feel you deserve a break in life.

LOVE Psychologists generally define love as an intense feeling of liking, affection, or an enduring sentiment toward a person combined with a strong desire to be with that person. In dreams, sexual images are more frequent than the ephemeral images of love; it was this which encouraged Freud to develop his theories about sex and sexual energy as being more powerful in dreams than love itself. The connection between love and the erotic is therefore often inescapable in Freudian dream analysis, and the sexual interpretation of dreams became for Freud the key to unlock their meaning.

Jung, on the other hand, saw the world of dreams and love quite differently from Freud. He rejected Freud's heavy emphasis on sex and instead saw dreams not only as a way to understand what was wrong with a person, but also as a way to encourage the creative development of a person's whole potential. Dreams could therefore be a way of improving and encouraging feelings of wholeness, love, and tenderness toward oneself and others in waking life.

Most dream analysts draw on the theories of both Jung and Freud when exploring the concept of love and dreams but they also ask the question: is the person in your dream really the object of your intense feelings of love or is there another way to read the dream? For example, dreams in which you fall in love or are reminded of the passionate early days of a relationship may have nothing to do with actual relationships but may be urging you to inject some passion into your life. They may also suggest that you are yearning to be loved and cherished. Try to remember who or what aroused feelings of

love or passion in your dream. If it was your partner and you are deeply in love in waking life, your dream may have been reaffirming your lasting affection. If, however, you are past those heady days of romance and passion, your dream may be reminding you of the chemistry that drew you to your partner and how easily it can be rekindled.

If you had a dream in which you found yourself in love with someone who in waking life is a friend, a colleague, or someone you don't really know but see on the journey to work every morning, you may find the experience unsettling, especially if you are in a committed relationship. It is possible that you feel drawn to that person in some unconscious way but are ignoring those feelings in waking life because they are inappropriate. Our dreams are often quickly prompted by a perhaps irrational attraction; if this is the case, your dreaming mind is allowing you to experience your desires in a safe environment in which no one can be hurt. If you are not in a relationship, however, then such a dream may be urging you to acknowledge or express your feelings for that person. Bear in mind, too, that you may not dream of the actual person but may find them represented symbolically. For example phallic symbols, such as spears, swords, or tall buildings, may represent the man a woman is attracted to. Look also for puns concerning the object of your desire. Your lover may also be represented by an animal such as a kitten in your dream. In waking life, do you feel the need to be protected and adored in the same way? Alternatively, if you are not attracted to the person in your dream in any way in waking life, there may be something about them that you admire and wish to cultivate yourself: for example, a way with words, a flair for fashion, a musical talent, an exciting job, or a carefree lifestyle. Try to work out with which aspect of that person's character and life your dreaming mind has pictured you falling in love. To sum up, as with most emotions, in your dreams love is usually an expression of that feeling or a compensation for not receiving it in waking life.

LUGGAGE Luggage and suitcases can suggest a desire to travel or broaden your horizons, but they can also represent the emotional baggage

you carry around in your head. That is why it is important to consider the bags you carry in your dream and how heavy they are.

Luggage in dreams tends to symbolize material or psychological concerns, so if you have no luggage at all in your dream, your unconscious may be urging you to leave your emotional baggage behind so you can move forward feeling lighter and less encumbered. If you dream of losing your luggage, is that good or bad for you? Does it offer you an opportunity to start afresh? If your dream luggage is very elegant and all items match, does it suggest a need to make a good impression on others or an overdeveloped concern with outward appearances? Packed bags or luggage in dreams are also associated with endings and, sometimes, death, while being unable or unwilling to let go of your bags can suggest a desire to ward off aging. Luggage on a platform suggests a willingness to begin a new stage or phase in your life.

LUNAR ECLIPSE

See **SOLAR ECLIPSE**.

LUNCH

See **FOOD**.

LYING (ON THE GROUND)

See **EARTH**.

LYING (UNTRUTH)

See **DECEPTION**.

LYNCH MOB If a lynch mob attacked you in your dream have you committed a crime against society by not paying your taxes or dropping litter or do you sometimes feel as if everyone is waiting for you to make a mistake?

See also **GUILT**, **PUNISHMENT**.

M
MUSTARD

MACHINE MALFUNCTION Dreams in which your car breaks down, your computer crashes, or your phone won't work occur for two possible reasons. First of all, your dreaming mind may be warning you to take precautionary steps, such as installing anti-virus software on your computer or making sure your car is regularly serviced, so as to avert potential problems in the future. If this isn't the case, the malfunction could be a symbol for an aspect of yourself that isn't working properly. A car, for example, could symbolize your energy or drive, and, if it breaks down, your lack of it. Are you in danger of running out of control? If a fuse blows in your dream, are you about to explode with frustration over someone or something?

MADNESS If you have dreams that involve uncontrollable trembling, fits, or fever, such dreams can be alarming but in general suggest that you are worrying more than you need to about trifling affairs or matters of little consequence, while the important things slip by unnoticed. You should try to relax and cultivate more interests. On the other hand, are you in a fever of excitement about something or someone? To dream that you are insane or mad, and unable to perform everyday tasks reflects an unjustified humiliation from the past or an embarrassing moment from the present that is unsettling you. Being mad or irrational in a dream, or meeting a mad person may also indicate that you are facing urges or emotions that feel threatening or that you cannot control properly. If you are confronted by a mad man or woman, this can indicate a part of yourself that you have not integrated successfully.

If you are that mad person, then are you feeling threatened by the irrational parts of your personality or do you sense that you don't fit in with your social group? Occasionally, you may experience a trembling or wave sensation when you awake, especially when you are aroused quickly from deep sleep; although disconcerting, this is usually the result of temporary confusion between the sleeping and waking worlds that should pass without need for concern. If, however, this occurs on a regular basis and you feel faint

and dizzy when you get up, it might be wise to have a check-up with your doctor to rule out problems with your blood pressure.

MAGIC If magic featured in your dream, you need to bear in mind the nature of your attitude toward the mysterious arts in waking life. Do you regard anything magical as evil and dangerous, or do you believe that the powers of witchcraft can be used as a force for good? Alternatively, have you been influenced by reading or watching *The Lord of the Rings* or the Harry Potter books, in which magic can be used for both good and evil purposes? Whatever your attitude toward the magical arts in waking life, you need to bear in mind that it will influence the meaning of your dream. Whether you actually believe in magic or not, you were probably first introduced to the magical arts in childhood fairy tales; vestiges of your childhood belief will linger in your unconscious mind, surfacing now and again in dreams in which you are exposed to things you can neither understand nor explain.

For example, you may sense that someone doesn't like you or wishes you harm; in your dreams, this person may appear as a witch or evil sorcerer. If you are using magic in your dream to make something happen, this is pure wish-fulfillment. On the other hand, depending on whether or not you feel empowered or afraid in the dream, it can suggest that you are capable of controlling the situation you are in by utilizing your intuition. If you had a dream in which you were standing in a magic circle, this is a symbol of protection against evil forces. If you are using a wand or watching a witch or wizard use a wand, it is probable that the wand is a phallic symbol and conductor of energy. Pentagrams and hexagrams are symbols of defense against outside forces and a broomstick's significance may lie in its phallic shape, as well as in its ability to help a rider take flight. Cauldrons can denote both the womb and the mystical powers of regeneration. A hex wards off evil and spells symbolize your deepest desires or fears, depending on the nature of the spell being cast.

MAGICIAN If someone transforms into a sinister magician or evil

sorcerer in your dream, it is likely that your dreaming mind has identified someone you know in waking life with the archetypal black magician, a self-obsessed, power-hungry person who will stop at nothing to get what he wants. On the other hand if the person in dream materialized as a witch doctor, shaman, white magician, guru, or high priest, this suggests that you are in urgent need of advice and inspiration in waking life. Perhaps there is an older person in your life whom you regard as a mentor and whose advice you should follow. However, if your dreaming mind conjured up an image of a conjurer, hypnotist, or stage magician whose success owes little to magic and everything to sleight of hand, this image may be warning you of someone or something in your life that is not trustworthy or is manipulating you in some way.

MAGPIE

See **BIRDS**.

MAID

See **WORK**.

MAIL

See **LETTER**.

MAILMAN

See **POSTAL WORKER**.

MAKE-UP Make-up in dreams signifies the appearance we present to others, as well as the ability to change the impression we make on others. If you are a woman and you were pleased with your make-up in your dream, your unconscious may be signaling your waking confidence about your appearance. The opposite is true if you disliked your dream make-up. We wear make-up for many reasons to enhance our appearance, to disguise spots, and to attract other people. If you are applying make-up in your dream, what are you trying to hide from others or yourself? If you are painting yourself with body paint in your dream, this is more intimate than wearing a disguise and may relate to your most intimate feelings; the color you are using will be significant.

Your dream may also have focused on one aspect of your face – your lips, for instance. If so, what are you trying to say in waking life? In Freudian terms, lipstick suggests passionate sexuality, particularly if the dream features a long stick of lipstick caressing lips that represent female genitalia. A woman dreaming of using lipstick signals a desire to attract the attention of a potential lover, but for a man to dream of using lipstick indicates that he might adopt a more feminine approach to a problem in his waking life, perhaps by trusting his instincts more. If the lipstick appears to be smearing, this may suggest a fear of sexuality or sexual violence. Whether you are a man or woman, if the dream scenario portrayed you as anxiously trying to cover pimples and blemishes, are you trying to present a different face to others in waking life?

If you have a suntan in your dream, or are applying sun cream, your dream may be warning you that you are at risk of getting burned in waking life, or that you are paying too much attention to your appearance. Decorating your body with a tattoo has a similar meaning to body paint, but the important difference is whether or not the tattoo is permanent or temporary. If the tattoo was temporary, do you need to pay more attention to your image? If the tattoo was a name or a symbol, the reference may not be to the image but to your desire to create a permanent memory in waking life. If you are having a tattoo removed in your dream, you need to accept that some things in life are difficult and painful to move away from. And what motif is your tattoo in the dream and for which part of the body was it destined? The symbolism of both motif and body part will be significant.

MAN The appearance of a man in dreams can identify the shadow for a man and the animus, or masculine aspects, within a woman's personality. A white-haired older man who seems holy can be a symbol of your inner wisdom or represent the father archetype in dreams. If a large man appears it suggests that your beliefs have more strength and certainty than you realize. A woman dreaming of a man suggests the more logical side of her nature. If you know the man in your dream, then you may be trying to work out the

nature of your relationship with him. If, however, you do not know the man, then the image represents the masculine part of your personality that you do not recognize. If the man is handsome, he represents action, conviction, assertiveness, and other heroic archetype qualities.

MAN-MADE DISASTERS Disaster dreams typically indicate that something is terribly wrong with your life or about to go wrong if the current situation remains unchanged. They will tell you that a job, a relationship, a religion, or a conscious attitude is not good for you and is leading you to crisis. If the disaster in the dream is specifically man-made and not natural, such as a terrorist attack, or a plane, train, car, or bus crash, this image may be urging you to change an attitude or belief system before the situation in waking life becomes perilous. These dreams are telling you that you are not in a safe place and you need to move away from it.

Oftentimes, the unconscious will use cultural symbols and images to bring to mind some thematic experience or situation. For example, to dream of the attack on the World Trade Center can be symbolic of a tragedy, a horrendous situation, an attack, or the destruction of one's working environment. Similarly, any form of terrorist attack can be symbolic of an intrusive invasion of your personal space in waking life, a violent clash of opinions or cruel, sadistic, and cowardly behavior.

If you dreamed of making a panic-stricken call to the emergency services, could your unconscious have been highlighting your fear that an emotional trauma has devastated your world, or is about to, and that you urgently need help? A dream focusing on a disaster in your home may be saying something about your attitude to life. It might be that you are ready to make important changes that will involve destroying what you have built up over the years, or it could be a warning that your present, or planned, actions could prove disastrous in the long run. Much depends on your reaction. Supposing that you dreamed your house was falling down; if you were relieved, unconcerned, or walked away from the ruins, you are ready to move on and leave the past behind you. You may have had a dream that focused on man-made environmental pollution and the disease, destruction, decay, and death to which this leads. If you have had such a dream, the dream is urging you to avoid an attitude, thought, or emotion that is not good for you, now or in the future.

Other people's attitudes and beliefs may also be contaminating the way

you think and feel, and this can sometimes be shown in dreams about toxic waste or poisons. On the other hand your dream may be urging you to become more environmentally aware. If demolition features in the dream, it can highlight either self-inflicted trauma or changes in your life, depending on the circumstances of the dream. If you are carrying out the demolition, you should be in control, but if someone else is, you may feel powerless in the face of change. You may also be conscious of a build-up of tension within you that can only by released by a breakdown of old attitudes and approaches.

MANSION Mansions and palaces in dreams have a similar interpretation as houses, but with the emphasis on those possibilities within us that have yet to be developed and explored. There is a sense of something special or wonderful happening within yourself, as palaces are places of enchantment and treasure in fairy tales. However, palaces may also represent a warning against adopting a pretentious façade and living beyond your means.

MANURE An idea or notion in your waking life needs feeding or nurturing.

MAP If you consult a map or an atlas or compass in your dream this suggests options are open to you in your waking life.

MARCHING To dream that you were marching suggests teamwork, or the need to involve yourself more with other people in other to achieve results.

MARKET To dream that you are in a market, flea market, or marketplace signifies frugality. It may also indicate your ability to cope successfully with everyday life and relations with other people. Alternatively the market may be representative of your career and what you have to offer. It is a place of buying and selling, and can therefore give some indication of the value you place on your skills and attributes, and whether you have something to sell or are buying. On the other hand, as markets are typically busy and bustling places, your dream may simply be suggesting that you need to get out more and interact with people. To see a barren market in your dream signifies lack

of choice. To dream that you go to a fish market signifies pleasure and joy, but to see decayed and rotting fish at the fish market denotes anxiety. To dream of a grocery store or market suggests that you are brainstorming for new ideas or looking for the various choices that may be out there for you. The interpretation of your dream may depend on what you are shopping for.

MARRIAGE

See **RELATIONSHIPS**.

MARSH

See **NEGATIVE SYMBOLS**.

MASK Masks suggest the deceptive appearance we present to others in waking life. If you see a pair of masks, this can symbolize your inherent duality – in Jungian terms, the opposed forces of light and shadow that exist within each one of us. Dreams that feature costumes, fancy dress, or drag suggest that you are attempting to disguise some aspect of your personality. Dreams of transvestism – deliberately dressing in clothes of the opposite sex – are unlikely to be about sexual preference but more about the need to balance the masculine and feminine aspects of your personality. If you are wearing a historical costume in your dream, either for a play or as normal dress, then perhaps your image needs updating or a part of you is disguising your real self. If you come face to face with someone in your dream and they are wearing a mask, your dreaming mind is sending you a powerful message that you believe they are wearing a false mask in waking life.

MAZE According to Jung, the enclosed labyrinth is a symbol of the unconscious, and a dream of entering a labyrinth represents rapid change and a journey toward self-discovery. As in the Greek myth of Theseus, who entered King Minos' labyrinth in Knossos to kill the Minotaur, descent into the unconscious may sometimes involve confronting impulses we would rather ignore because they challenge or threaten us. If you see a maze in your

dream, it may also indicate the need to find direction in life and the skills needed to negotiate change. If a map or chart of a maze appears in your dream, this may be a reassuring sign that you are on the right path.

MEASLES

See **DISEASE**.

MEAT

See **FOOD**.

MEDIA Almost all of us have dreams that are directly related to things we are closely involved with in our waking lives, so it is not surprising we often encounter familiar images from the media in our dreams. But are dreams about the media, or what is featured in the media, a reflection of the pervasive influence of the media on our lives or do they have deeper meaning? The clue is in the feelings such dreams inspire in you and the associated images.

Be aware that media dream images (radio, television, news, newspapers) are symbols of mass communication and generally reflect how well you are communicating your ideas to others and how others regard you. If such a dream leaves you feeling empowered, then it suggests you are able to communicate your thoughts and influence others in a positive way. If you feel confused or negative then you may feel you aren't having enough influence over others, or how you appear to them in your daily life. If images related to media hype or spin or fake news appear in your dream, then it can suggest you need to be more honest in your communications and less inclined to attract attention to yourself for attention's sake.

Pay attention to what images, people, or stories from the media feature in your dreams as they have appeared there for a reason. Follow this up by doing some research in your waking life to see if you can learn something about yourself or a situation. Be conscious of the fact that the media can sometimes be overbearing and a source of false information. Your dreaming mind may also be encouraging you to share less about yourself or to be more responsible in the way you communicate information. Alternatively, it could be suggesting that you need to form a clear opinion about something, and this is especially the case if traditional media images from newspapers or TV appear in your dreams rather than images from social media, which is a less

reliable source of information.
See also **SOCIAL MEDIA**, **TELEVISION**, **VIDEO**.

MEDICAL EXAMINATION Examination and diagnosis in dreams, if favorable, indicates that you feel secure and satisfied in waking life. If you are diagnosing illness in a dream, this points to insecurity and an over-sensitive approach to life. If you dream that you are diagnosed with a fatal illness or have a fatal illness, it might be worthwhile seeing your doctor for a check-up as illness has been diagnosed in this way before; typically, however, such dreams represent any condition or situation that you feel is taking you away from the life you were meant to live. There is a big difference between existing and leading a life that is worth living, and your dreaming mind may be urging you to find ways to live your life to the full, before it is too late.

MEDICAL INSTRUMENTS Medical instruments in a dream about disease and diagnosis, such as a scalpel or a stethoscope, act as a warning not to take unnecessary risks with your health. A thermometer reveals a strong sense of personal responsibility and discipline. A laboratory microscope can reveal the tiniest of organisms that, if harmful, can result in poor health; in dreams, the symbolism begs the question: are you in danger of looking at things in too fine a detail and missing the bigger picture? If you dream of scanners and X-ray machines, could your dream be telling you to look at the heart of the matter or get to the bare bones of a situation so you can see the truth?

MEDICINE Medicine administered to you by a doctor may point to a reliance on others to sort out your problems for you, rather than finding your own solutions. If the medicine comes in the shape of a pill, are you finding something hard to swallow in waking life? Generally though dreams where you are given a dose of medicine, especially if it tastes bitter, are good and suggest a positive turn of events. Paradoxically to administer tablets to someone else suggests that you are the cause of distress or pain to that person.

MENSTRUATION

See **BODY**.

MERCURY

See **METAL**.

MERMAID The sea temptress combines beauty with vanity and lures sailors to their doom. For male dreamers, mermaids, and sirens represent the image of a woman whom he feels he could love but who may reject and destroy him. To dream that you follow her siren song suggests shallow willpower or being easily misled by lust and base passion. So potent is this myth that the word siren is today used to describe both a heartless, treacherous, dangerous but irresistibly seductive woman. Alternatively the mermaid may represent your anima, the feminine part of your personality, who by leading you out to sea is encouraging you to explore the depths of your own emotions. Traditionally the mermaid (or merman) belongs to the sea as well as the land and this symbolically represents and ability to be deeply emotional and deeply practical at the same time. In a woman's dream the mermaid is thought to represent a love rival. Finally, mermaids and mermen are feminine and masculine images of the link between darker forces you may not understand and your conscious self. Many stories tell of the difficulties of mating a creature from the sea showing how difficult it can be to unite the two sides of our nature.

MESSAGING

See **INTERNET, TEXTING**.

METAL In dreams, metal represents strength, material power, and force. It can also suggest strength of will, perhaps unbending emotions or a hard or unfeeling nature. Any metal appearing in a dream therefore suggests basic abilities and attributes, but also hardness of feeling or emotional coldness.

Aluminum or aluminum foil signifies a need for reflection or introspection. Perhaps you need a change in perspective. Bronze suggests the blending of different aspects of your life, while also portraying recognition for perseverance and the successful completion of your goals. Copper suggests intelligence, an outgoing nature, or the need to communicate something important.

Gold is a symbol of what is precious or valued in your life. Finding gold indicates that you are discovering and expressing these characteristics in your life; burying gold means you are hiding something. Associated with the sun and victory, gold may also represent life, completion, and renewal. For alchemists, gold represents the spiritual treasure that was gained by transforming the spirit. If the gold is cheap, this suggests something you value but that does not deserve your respect. If the gold is tarnished, this suggests something beautiful in you that has been neglected.

When the metal iron appears in a dream, it usually suggests strength and determination but it can also suggest emotional coldness. If you are using a clothes iron, is there something in your life you are trying to smooth over? In dreams, the appearance of lead suggests a situation in your waking life that is burdening you and leaving you heavy-hearted. Lead as in a lead pencil also has associations with masculinity. Mercury in dreams implies a fluctuating situation or vacillation within yourself over a particular problem. To dream of nickel suggests the need for a new approach to replace an old one. It can also suggest small steps you need to take to help you reach your goal.

Platinum in dreams is a symbol of a life aspect that stimulates multiple opportunities, while silver has a double meaning: on a practical level it suggests finance or money, but on a psychological level it represents the qualities of the moon or the need to follow your intuition. Spiritually, silver is said to represent the feminine aspect, while gold is the masculine. If polished silver has the properties of a mirror so your dream may be suggesting that you need to reflect on some waking situation.

Steel in dreams is a symbol of strength and endurance, whereas tin is a symbol of something or someone inferior in your life that is not of the quality it should be; tin may also indicate low self-esteem. Bear in mind, too, that certain metals are also associated with certain planets:

- Sun – gold
- Moon – silver
- Mercury – quicksilver
- Venus – copper

- Mars – iron
- Jupiter – tin
- Saturn – lead

MICE
See ANIMALS.

MILK
See COFFEE.

MINE/MINER To dream of mines or mining represents your unconscious physical and mental activities. If you are digging in the mine, this indicates that you are digging within your experiences, memories, or deeper levels of consciousness to bring up the treasure and valuable resources buried within. A miner's hat typifies light shed on ideas, concepts, or perceptions. A mineshaft stands for heightened awareness, an inner knowing, while mining or digging for gold may suggest financial aspirations and goals.
See WORK.

MIRROR As a symbol of the mind, the mirror suggests the art of reflection, looking at the reality of who you are, or seeing yourself in a new or different way. If a mirror appears in your dream, do you need to reflect on something that is bothering you? If you saw your reflection, were you happy with what you saw or do you want to make changes? Light in dreams symbolizes intuition or inner guidance, so if you dream of lights or lightbulbs, consider their shape. Are they candles flaring upward or is the light contained in a bulb? Is the light flickering or steady, and what does this represent for you right now?

MISCARRIAGE
See ABORTION.

MIST
See FOG.

MODEM As with dreams of the telephone, dreams of modems are about

communicating or reaching out to others, but it is less personal or specific. It is more about reaching out in general and how you manage your contacts with the world via media, technology, and business. Images of modems in dreams may also refer to your wider awareness or intuition. PlayStation/Xbox/computer games: Modem symbol indicating a desire for instant happiness and success without making the necessary effort.

MONEY Dream money represents things that have real personal value to you, but that value will not typically be financial and is more likely to be emotional and spiritual. According to Jung, money is a symbol of spiritual growth, whereas Freud suggested it is a symbol of the sexual power we have over others, as well as of an obsessive personality or tendencies.

If money-associated symbols appear in your dream – such as coins, cash, checks, credit cards, precious jewels or jewelry, lottery tickets, treasure, or expensive cars – you should first try to identify what money means to you in waking life, as this will help you interpret money symbols when they appear in your dreams.

How much do you value yourself according to the amount you earn or money you have? In other words, if money is the most important thing in your life right now perhaps you need to reassess your priorities and remember that there are some priceless things money cannot buy, such as good health and loving relationships. Your dream may also be urging you to consider what price you are prepared to pay for your current actions or intentions. Do you associate money with freedom, power, desirability, or your own personal value? Thinking about these kinds of questions will help you identify the things you truly value, and this in turn may encourage you to reassess your priorities so the focus of your time and energy is on what truly matters in your waking life.

If gold, silver, or other precious metals appear in your dreams this is generally a positive sign as it is drawing your attention to what is precious within you – although gold may refer to a person who has a heart of gold and silver may refer to someone offering assistance. Dreams about finding treasure or a wallet stuffed with money or unexpected cash represent your hidden potential or a wealth of creative energy waiting to be tapped into.

If you are the one giving or donating money in your dream, this suggests that others expect something from you right now and you feel positive about being generous with your time and energy. Receiving money suggests the

need for you to accept help from others when it is offered. It can also represent an undiscovered part of yourself breaking through. If you are borrowing or stealing money, this could be a warning for you to exercise caution in some area of your life and to consider whether you are being true to yourself or influenced by the expectations or opinions of others.

If you are using a credit card or signing a bill or check, this suggests things are progressing and moving forward positively and will continue to do so if you exercise self-discipline and plan ahead. The appearance of cryptocurrency in your dream suggests that you need to inject more urgency into some area of your waking life. Things are moving too slowly and if you don't take speedy action soon you will lose out on an opportunity. If symbols of saving and investing or the stock market appear in your dreams, these are encouraging you to prepare yourself emotionally for situations or relationships that need your close attention right now. Money laundering or counterfeit money are symbols of emotional tension hidden beneath the surface. Something or someone in your life is not being entirely honest with you about their emotions and that person could be yourself. Similarly, if you dream you are in debt to someone this suggests unfinished emotional business from your past or feelings of anger or regret that you need to come to terms with because if you don't the burden will increase.

Money, cash, or coins in dreams can all be signs of emotional transactions and your self-worth. Pay attention to the condition and clarity of any money that appears because your dreaming mind is presenting your confidence and level of self-worth to you. You are being shown how much you value yourself, how well you manage your emotions, and how confident you feel about your life right now. If money is scarce, or the coins or cash are damaged, it's time to pay more attention to self-care and building your confidence. You need to understand that if you don't value yourself you can't expect others to value you in return. If the money in your dream is foreign, or different from the money you normally use, this suggests the need to try a totally different approach to a current situation or relationship.

Money also symbolizes feelings of security, so if you feel anxious and negative, lose money, or someone steals money from you, or the money you have isn't enough to buy what you want in your dream, this could reflect your anxiety about your current financial situation or a relationship or career choice that isn't nourishing you emotionally. If you find yourself counting money or analyzing finances or wealth in any way, or making investments of

any kind, the message is clear: you need to change your spending habits and focus more time and energy on your personal growth and development. If you do that material and spiritual wealth can be yours.

Having no money, being made redundant, a cash machine not giving you any cash or living in poverty can feel like alarming dream scenarios, but they are not negative and typically suggest that you have reached the end of the road as far as a situation in your waking life is concerned. You need to start anew in some area of your life. It's time for new beginnings. If you dream of getting a bonus, winning money, being wealthy, and living in luxury or seeing piles and piles of money lying around, these images of plenty refer more to spiritual rather than financial prosperity. Inheriting money in your dream suggests a period of newfound confidence.

See also **CASH**.

MONK A symbol of spiritual authority that may represent your own spiritual wisdom.

See **PRIEST**.

MONKEY

See **ANIMALS**.

MONSTER If you dream of being hunted by a savage and terrible monster of any kind, you might want to try and face it if the dream recurs. Mystery is not so terrifying once it is identified and understood, since it becomes something you can recognize and therefore deal with. If you do recognize your personal monster, you might also want to try and engage it in a dialogue. A classic way to interpret a difficult dream such as this was devised by Dr Frederick Perls, the distinguished Gestalt therapist. Take two chairs and place them opposite each other. You sit in one and imagine your dream monster or enemy in the other chair. Move between the chairs as you first ask and answer the questions. Try asking your dream monster what it wants, why it is in your dreams and why it is chasing you. The process may take some time, but eventually you (as the dream) may deliver a message that speaks to you. When that happens, you may find it easier to face your fears and interpret your dream. By understanding nasty nightmare animals, as well as people, places, or things, you may be able to harness their energy and take

back into your self those parts of your personality you have been trying to disown.

Animals in dreams reflect the animal or instinctual part of your nature, so if the fierce animal terrorizing you in a dream is a tiger, lion, or snake, consider what this animal represents to you and what it says about your psychological state. Are you confining, restricting, or subduing an important part of yourself? If you begin to get answers to these questions, you may find that the animals in your dreams become less fierce and threatening. It might also help to draw or write a description of your animal. Of course, your personal associations to the specific animals is of great importance here.

If your shadow – the part of yourself that you keep hidden – appears in your dreams as a monster, fierce animal, murderer, vampire, werewolf, ghost, or other sinister threatening being, this may be a positive thing; it is your dreaming mind's way of reintroducing the parts of yourself you are repressing in an effort to make you whole.

See also **ARCHETYPES**, **CHILD**.

MOON

The moon symbolizes the mysteries and creativity of the feminine, and in dream lore it represents the emotional aspect of the self. Its constant changing shape and wandering across the sky establishes the moon as a symbol of the cyclical nature of life. Because of its connection to the tides, the moon also indicates the tides of feeling or mysterious dark desires that are overpowering you. The full moon is a symbol of hope when times are difficult; a waxing crescent moon may symbolize gestation or new ideas; a waning crescent moon, ambivalence, or a life force that is weakening; the black or invisible moon, death; and the new moon, rebirth. A dream journey to the moon could suggest a search for inner wisdom or a longing to experience the flowering of your imagination or, if you are a female, a desire to conceive a baby. If you failed to reach the moon, could the message have been that you are attempting the impossible?

MORNING

See **TIME**.

MORTUARY

See TOMBSTONE.

MOTH

See INSECTS AND ARACHNIDS.

MOTHER A dream about your mother may be telling you something about your relationship with your mother. Mother-attachment may be so strong that the development of your own individuality has been stalled. Gaining inner independence from your mother is the first great step toward realizing your true self. The mother may symbolize the unconscious, intuitive part of yourself. This, however, can take a positive or a negative form. She may appear as a kindly mother or aunt, or as a place such as a cave, church, or garden; all these images represent the qualities of growth, nourishment, and fertility. In her negative form, a mother may appear as a witch or a dragon, and represent dark, destructive tendencies that can devour and destroy.

Freud believed that the Greek myths of Oedipus and Electra symbolized psychological conditions. Oedipus killed his father and married his mother; Freud claimed this represented a boy's incestuous desire for his mother and his jealousy toward his father. Electra desired her father and was jealous of her mother. A girl may therefore believe she has been castrated by her mother and is an incomplete male. According to Freud this gave rise to penis envy; the root cause of women's so-called feelings of inferiority. Freud's Oedipus complex theory is no longer accepted today but there is no doubt that the mother relationship is the first pivotal relationship in a child's life and it should be a nurturing, loving, and supportive one. Jungians associate her with the Great Mother archetype that influences our psychological growth. Each of us has a fundamental, perhaps instinctive drive to bond with a woman at birth and if that bonding does not happen much of what would be considered normal development cannot or does not take place. So mother sometimes represents the survival instinct and what happens in those early years of trying to becoming independent of such needs. In a man's life if these needs are not met this may result in dependent relationships with older women or inability to commit long term to a relationship. In a woman's life her relationship with her mother will impact all other relationships and if it is

lacking in some way she may find herself nurturing needy males or in forming unsatisfying relationships with both men and women. Scenarios involving the mother figure in dreams are therefore one way of working through and moving forward from these issues. Of course, a dream about your mother could also be just that: a straightforward depiction of the woman who gave us life. How she appears may point to issues in your upbringing or current relationship. Is she proud of you or angry?

See **FAMILY**.

MOTORCYCLE

See **BICYCLE**.

MOUNTAIN Major obstacles and challenges within your life are represented by mountains in dreams. If you appear on the top of the mountains, it means that you have conquered any obstacles or that you have reached goals that you have set for yourself. The way that you are climbing the mountain will tell you how well you are dealing with problems and the appearance of difficulties will all have significance. Mountains are also a symbol for spiritual truth. If you are climbing a mountain in your dream, it signifies that you are a determined and ambitious person. Falling off a mountain in your dream means that you are tempted to give up on things when the going gets tough. According to Freud the image of a mountain in a dream represents female sexuality because their contours and profile resemble a woman's breast. A dreamer feeling anxious about climbing a mountain in a dream may be expressing sexual anxiety and standing on top of a mountain can indicate feelings of domination. For Jung mountain tops offer an overview of your progress and looking at a peak from below indicates the vast challenge offered by the process of self-discovery.

MOUSE

See **ANIMALS**.

MOUTH
See **BODY**.

MOVIE
See **FILM**.

MUD Mud symbolizes creation in many religions, specifically the creation of mankind. In the Bible, God molded Adam from a lump of clay and breathed life into him, and it is traditionally to clay and dust that human beings return. Ancient dream interpretation suggested that to dream of mud foretold finding great riches, while a dream in which you sank in mud would lead to a rapid recovery from illness. From a psychological viewpoint, mud represents the fundamental substance of life, which handled properly has potential for growth, but handled badly can drag you down. Mud in dreams can also represent past experiences – or your perception of them – as something that is holding you back, or in which you are stuck. Clear as mud paradoxically means that something is not clear at all. Are you unclear about a situation in which you are involved?

MUFFIN
See **FOOD**.

MURDER
See **DEATH, KILLING**.

MUSCLE
See **BODY**.

MUSEUM Like libraries, museums feed minds by giving people the opportunity to study objects from the past for their historic, scientific, and artistic interest. When trying to interpret dreams about museums, any exhibit that caught your eye is important because it may be pointing to something from your own past that has a bearing on your present situation. You should

also bear in mind that museums often suggest ideas that are old fashioned, the living past within us that we can learn from but also need to move away from to make progress.

MUSIC/MUSICAL INSTRUMENT Many of the world's greatest composers claimed that they heard their greatest works while dreaming, or immediately after waking. Mystics talk of the music of the spheres, the ethereal music that symbolizes the harmony of the universe. In dreams, music represents harmony and the creative potential. Your dream music can also express the emotions you are currently feeling in waking life. Is the tone happy, sad, angry, or threatening? If the music you hear is discordant, it may suggest that your creative potential isn't being expressed.

Hearing music in your dreams generally has positive connotations. Music is a healing balm to the soul, and as you are listening to it in your dream, you may be connected to the wonderful, creative spirit or flow of life, suggesting a degree of inner harmony and emotional expression. Music in waking life is one of the most powerful and expressive mediums available and through music it is possible to convey feelings that are impossible to put into words. It is much the same in your dreams, where a beautiful melody can express your sense of feeling sweet, peaceful, and harmonious, whereas a clash of harsh notes may reflect emotional discord or feeling out of tune with the people in your life.

The type of music that features in your dreams may have significance, especially if it was music you do not usually listen to in waking life. For example, if you love classical music but dreamt of a pop song, your unconscious may have retrieved the song from your memory because it portrays perfectly how you are feeling at present. If you dreamed of classical music but are a modern music fan, this may be a reference to old-fashioned tastes and values with which you feel in tune. The dream may also be urging you to listen a little more to the advice of older people. If you dreamed of choosing a song on a juke box, the song you chose may express how you are currently feeling. Dream drum rolls may be urging you to pay attention to someone or keep in step and conform to others in waking life. According to Freud, a martial or rhythmical drum beat could suggest intercourse but another interpretation suggests that it could symbolize the voice of your unconscious or unspoken feelings that arise from the depths of your inner self.

If you were listening passively to music in your dream, this may be referring to your emotional reaction to a waking situation, but if you were actively making music, humming along, or tapping the rhythm, this may be about your emotional involvement with someone or something. Dreams about music may also be urging you to explore your perhaps neglected potential for personal creativity, of which music is a common symbol.

To see musical instruments in your dream suggests an anticipation of fun and pleasure in your waking life, but if the instruments are broken, this denotes the interruption of pleasure.

If you were playing an instrument, the choice of instrument will also be significant. If you were playing drums, are you trying to drum up support for something or someone, or did the dream suggest that something needs to be drummed into your head? If you clashed a pair of cymbals, this might suggest a clash of conflicting opinions, while blowing a trumpet may suggest bragging or your feelings of triumph. The black and white symbolism of piano keys could indicate the need to see things clearly, in black and white, or to harmonize extreme opinions. Don't forget the sexual symbolism of musical instruments too. Freudians would, for example, regard a flute as a phallic symbol and the curved bodies of violins or guitars as a feminine symbol. Finally, dreams of playing instruments may simply be encouraging you to nurture a real-life talent for music.

MUSSEL Are you afraid to reveal your soft and vulnerable interior? Another interpretation is that you have attached yourself to someone or something because you don't think you can make it on your own.

MUSTARD

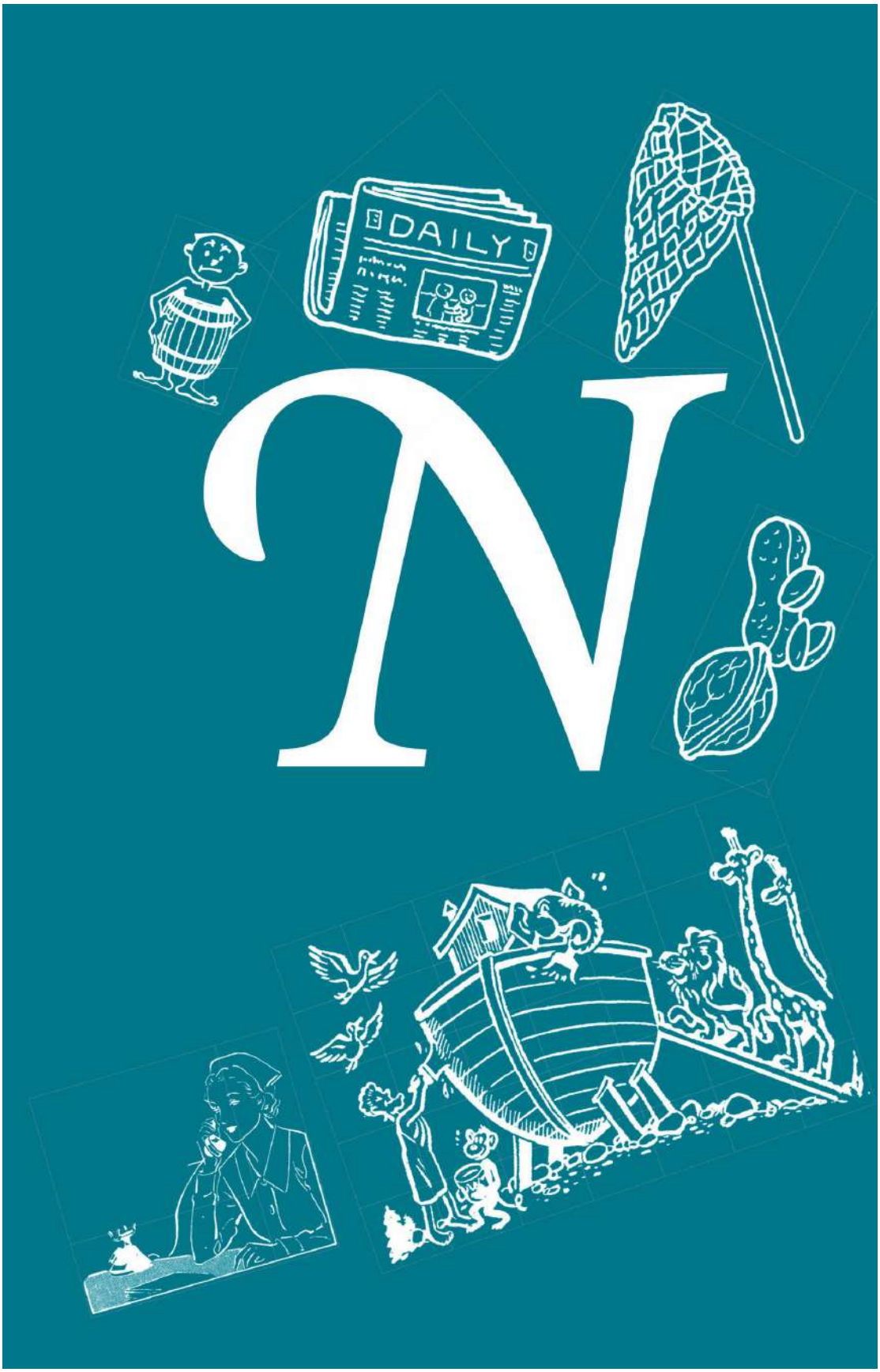
See **FOOD**.

MYSTERY For Jung, life was a great mystery, something about which we know and understand very little. He never hesitated to say, 'I don't know,' and always admitted when he had come to the end of his understanding. Since dreams reflect life, it is hardly surprising that dreams are just as intriguing, challenging, and ultimately mysterious as life itself and some times just as difficult to understand.

If you have looked through this encyclopedia and are still having

problems understanding what your dream meant, it might help before you go to sleep to ask your dreaming mind to make a confusing situation clearer for you or to present you with images or symbols that you can understand. When a dream seems important but you find it impossible to understand, ask yourself just before you go to sleep to be sent another which will give you further insight. If you can relate the dream to a particular incident, problem or situation in your waking life but cannot understand the message, think about the incident before making your request. Some dreams reflect the worry associated with problems, showing that you are wasting your energy and could be putting it to better use. Even insoluble problems can be helped by a change of attitude – and that is how dreams can help.

Put your request as a direct command to your dreaming mind. In your thoughts, just before you go to sleep, state to yourself quite clearly what you want to know, and tell yourself that in the morning you will remember all that you have dreamed. To show you are sincere, you might want to put a notebook and pen by your bedside in readiness to write down the first thing that comes into your mind when you wake up – your dream. Sometimes it can take a few requests, depending on the link between your conscious and unconscious mind, but eventually your efforts will achieve results.


DAILY
N

NAIL Nails in dreams may be symbols of punishment, persecution, and suffering due to their association with the Crucifixion. A hammer driving in a nail may be seen as symbol of willpower, the forceful energy that directs the dreamer's judgment.

NAKED

See **CLOTHES, INAPPROPRIATE ATTIRE**.

NAME If the word you read or hear in your dream is your name, it is likely that your attention is being drawn to the person you are. You may also want to do some research on the true meaning of your name, as some believe it teaches the most important lesson we need to learn in life. If you are aware of other people's names in your dreams, you may be aware of the qualities that person has and it is these qualities you need to be looking at. If you don't know any person by that name again it might be worth your while considering what the traditional meaning of that name is. If the name of a place comes up, what are your associations with it? Consider also if there is some word-play on names.

NANNY

See **BABYSITTER**.

NATIVE AMERICAN A symbol of intuition, self-acceptance, harmony with the natural world as well as the wisdom of self-acceptance.

NATURE Dreams that feature images of natural settings relate to those parts of your being that are natural or not molded by conscious ambitions and desires.

In the earliest religions nature was thought to be alive with a multitude of

spirits. The nature spirits were worshipped in order to maintain a harmony with them. Civilization and the advance of technology have inhibited our contact with those elemental energies and spirits. Your dreaming mind may, however, take you on a journey to the realm of nature spirits where you can explore or confront various elements of your unconscious. Therefore to go into nature in your dreams is to go into the wilderness of your unconscious, where you will encounter primordial instincts. For Freudians these basic instincts would be sexual. According to Jung natural settings are symbolic of the nurturing but sometimes harsh mother archetype.

Dreams of nature may also reflect you sense of being grounded or connected to Mother Earth. The dream environment may represent your core essence, unaffected by personality traits, your bare nature, or something that comes naturally to you, second nature. Finally, the great outdoors are usually seen as surroundings that are supposed to bring relaxation and have a calming, nurturing effect on people so your dream may be prompting you to take some time out from your busy routine.

NAUSEA

See VOMIT.

NECK

See BODY.

NECKLACE

See JEWELRY.

NEEDLE In dreams, needles signify the power to heal through penetration. In other words, some concept or knowledge has to be introduced from outside. This may feel uncomfortable at first but it will eventually make us feel better. Depending on whether or not you are using the needle or it is being used on you, the ability to have penetrative insights can come from within or without. From a Freudian perspective, the needle can also suggest masculine sexuality.

NEGATIVE SYMBOLS Dream symbols can have both positive and negative associations, but some dream symbols do tend to have more

negative associations than positive.

Acid: This suggests a corrosive, negative influence in your life. Adder: There may be a situation in which another person cannot be trusted. Atom bomb: Fear that someone else might destroy your happiness. Avalanche: A destructive force in your life.

Bad: If you feel bad in your dream, this suggests that something is off-balance in your waking life and that your environment is not positive for you. Barbed wire: Hurtful remarks are preventing you moving forward. Bedwetting: Anxieties over lack of control in your life. Behind: To be behind someone in your dream suggests that you feel inferior to them. Bite: Being bitten or biting someone is a symbol of aggression or hostility. Boar: Lust and gluttony. Brutality: The darker, more animalistic side of your nature. Burglar: Violation of personal space.

Chain: Restriction. Choke: Inability to express yourself. Crooked line: Insincerity.

Devil: Personification of the evil side of yourself. Dirty: Not at ease with your body, or lack of trust in someone or something. Drowning: Feeling overwhelmed.

Earthquake: Emotional upheaval. Empty and failing: Lack of energy and enthusiasm.

Falling: Lack of confidence.

Gall: Feelings of bitterness.

Hole: A difficult or tricky situation; can also suggest emptiness. Hood: Deceit.

Ice: Frozen emotions. Immobility: Feeling stuck.

Leak: Losing energy. Leper: Feeling inferior or unworthy.

Maggots: Impurities that can eat away at you; fears of death and illness. Mantis: Something devious within your life. Marsh: Feeling held back or bogged down. Mist: Emotional confusion.

Noose: Fear of being trapped.

Obscenity: Lower aspects of the self.

Parasites: Someone is attempting to live off your energy. Poverty: Feeling deprived of the ability to satisfy your basic needs. Pus: Something which is festering and has gone bad in your life.

Sadism: Desire to cause harm to yourself or others. Scar: Old hurts that have not been dealt with. Sick: Bad feelings you need to get rid of.

Tar: Emotions have become contaminated. Torture: Trying to come to

terms with a great hurt. Traitor: An aspect of yourself that is letting you down. Trespassing: Intruding on someone else's personal space; lack of healthy boundaries.

Unemployment: Not making the best use of your talents.

Vampire: Fear of the unknown and negative energy.

War: Conflict. Winter: Time in your life which is unfruitful. Wound: Hurt feelings or emotions.

X: An error or something of which you need to take notice.

Yawn: Boredom, but also a warning against aggression or abuse.

NEIGHBOR In dreams, neighbors can be a help or a hindrance and this may mirror your feelings toward them in waking life. You should also consider whether there is something or someone important you are neglecting.

NEST

See **BIRDS**.

NET If a net or nets appear in your dream, possible interpretations include: you are securing something; you are feeling trapped or caught up in a situation against your will; you are losing out or losing something, as suggested by the phrase 'falling through the net'. Dreams of nets can also refer to the Internet; if you are dealing with money matters, nets could be meaning the bottom line or the net figure, with all expenses, financial or otherwise, taken into account.

NEWS Radio, television, and newspapers keep us up to date with world events and when these kinds of media appear in your dreams, their function is typically to send you a message about your current circumstances from your unconscious mind. Your waking reaction to a news broadcast typically holds true in dreams, but in the latter the broadcasting authority is your unconscious mind trying to transmit a message to you. Did you dream that you were

driving along or pottering about at home with the radio or television on in the background, when a newsflash drew your attention? If so try to pay attention to the headlines and see if you can find any links to your waking world. The message may have been coded in the language of dreams. For example, a war bulletin or report could warn of conflict at home or work.

See also **MEDIA**.

NEWSPAPER These, like books, are symbols of information and knowledge but because their contents are more temporary and disposable, they don't tend to share the symbolism of wisdom with books. The main function of newspapers in waking life is to keep you informed and that is why they can have the same meaning as radio or news bulletins. So if you dreamed of passing a news stand and seeing a headline, the message of that headline may have personal significance for you. If, on the other hand, you dreamed of scanning the newspaper for a news item or ad, this may indicate your anticipation or desire to hear some kind of news or result in waking life. Alternatively a dream in which you are flipping through a magazine may suggest that you have become bored with your life and that you are looking for stimulation. If you remember pausing over a specific article in your dream, perhaps your unconscious is urging you to consider its message or to take time out of your routine to enjoy yourself. Another interpretation would be that your dreaming mind is urging you to update your knowledge or outlook on life and learn more about the opinions of other people.

NIGHTINGALE

See **BIRDS**.

NIGHTMARE Nightmares draw your attention to the many hidden fears that may be preventing you from moving forward with your life. In general, nightmares are those dreams that are painful, unpleasant, and frightening. Dream analysts have reported two kinds of nightmares: those in which you wake up with a general sense of fear but you can't recall what it was that scared you – this is often called a night terror – and those which involve you waking up from a vivid dream at its most frightening or threatening part. Technically, the former is not a nightmare, while the latter is.

Many people in the 19th century still blamed nightmares on indigestion; it was only with the publication of Freud's ideas that they became seen as the expression of unfulfilled wishes and sexual anxiety. Jung described them as part of humankind's 'collective unconscious' and said the helplessness we feel in nightmares is a memory of the fears experienced by primitive peoples. Today, most dream interpreters believe these disturbing dreams are sent to warn the conscious mind that something is being blocked or ignored. Rather than putting the nightmare out of your mind because it was such an unpleasant experience, it is important to make efforts to interpret and confront the nightmare imagery in order to identify the waking cause.

The hallmark of a nightmare is that it is frightening. It is often long, detailed, and among the easiest of dreams to remember. Nightmares often occur when hidden feelings of guilt, self-doubt, anxiety, anger, worry, and insecurity are pushed out of your waking thoughts and repressed. In typical nightmares, you may feel as if you are being buried alive, suffocated, drowned, or chased by a murderer. Dreams from which you awake with feelings of intense distress or anxiety usually occur toward the end of a night's sleep. There is no common element and everyone has their own type of nightmare, probably produced by our own hidden fears. Many psychologists – some of them trained in the Freudian and Jungian traditions – believe that nightmares, like all dreams, carry a host of coded meaning within them, and that they are the psyche's way of alerting us that something is wrong or unresolved in our waking lives.

From this perspective, nightmares are seen as arising from our deepest fears, frustrations and repressions. They are, however, an opportunity for you to discover which part of yourself is threatening to destroy your own happiness. If you do have a nightmare, try to find out what exactly it is that you fear so much that you have tried to push it away into your unconscious. The stage of your dreaming mind offers you a safe place to enact and work

through challenging or scary ideas or situations. When you have a nightmare, your unconscious world is sending you a loud message that you have no choice but to wake up. Examining the content of your nightmares will usually give you clues to the troubling issues or events that you are not ready to face consciously.

When you wake up from a nightmare, take a few moments to orient yourself to the reality that, no matter how frightening the events of the dream, they are not real and cannot harm you. Try to remember as many details as you can, because nightmares are windows into the worries and fears that plague your mind; as a consequence, you don't want to dismiss them out of hand. One way to help you figure out what your nightmare means is to try and continue the story when you are awake. This gives you a chance to rewrite the dream plot from the point of view of the menacing character or object in your dream. According to ancient dream lore, if you can overcome what is frightening you in your dream, you can overcome the things that frighten you in waking life.

NIPPLE

See **BODY**.

NOISES

See **SOUND**.

NOSE

See **BODY**.

NUCLEAR WAR

See **END OF THE WORLD**.

NUDE

See **NAKED**.

NUMBERS When numbers feature significantly in your dream they can either have a personal or a symbolic association. Should numbers appear in your dreams, first make a note of any personal associations you may have

with that particular number, as it may have relevance in your waking world. For example, numbers can represent your age, the number of your house, the number of your children and their birth order. They can also represent time, days, weeks, years, and lucky or unlucky numbers.

Your mind may often retain the significance of a number even if you do not consciously remember it yourself. Your memory is a database that stores all kinds of numbers of personal significance: pin numbers, post codes, license plate numbers, as well as dates of birthdays and anniversaries, be they personal or of global significance such as 6/6/1944 (D-Day) or 9/11/2001. So when you dream of a number, consider any connections you have with it, as its significance in the dream may not be immediately clear. By bringing a specific number to your attention, your dreaming mind may have been prompting your conscious mind to remember something that happened on that particular date or in the house you lived in that had that particular number; it might, however, have been reminding you to call a friend with that phone number or to remember an appointment on that day.

If you cannot figure out any personal associations, the next step is to see whether you can see symbolic meanings for individual numbers. If your number has more than one digit, reduce it to single numbers: e.g. 451 = 4 + 5 + 1 = 10 = 1, or 1965 = 1 + 9 + 6 + 5 = 21 = 2 + 1 = 3, and see whether the single number carries any meaning for you according to the symbolic interpretations given in this chapter.

Numbers have some kind of symbolic significance within all cultures, religions, and belief systems of the world. Since humans could first count, numbers have had a fascinating, mysterious, and even mystical significance. Early man found in numbers realizations of inner qualities, spiritual understanding, unconscious wisdom, and even magic. For Freud, numbers reveal their meaning through each individual dreamer's free association. In myth, legend, and fairy tale numbers play an important role and these ancient associations – which Jung called 'root symbols' – are expressed in dreams. According to Jung, numbers therefore represent 'archetypal energies of the collective unconscious' and the various stages of spiritual growth.

Alternatively, the order in which numbers are given in your dream may be significant in terms of helping you to prioritize events or projects in your life. Dream numbers may also suggest time running out, as in 'your days are numbered' or the need for you to make a calculated move. Alternatively numbers in dreams may refer simply to multiplicity or size, as in a crowd of

events, a big experience, or some kind of realization that has many facets or involves many people.

Also worth noting is the idea that odd numbers are considered to be aggressive, ‘masculine’ active powers, while even numbers are considered to be more ‘feminine’, tranquil, and passive.

The Number Directory

Zero

In dreams, zero denotes timelessness, super-consciousness, eternity, and absolute freedom. It also symbolizes spirituality. Because it is linked in shape with seeds and eggs, it also suggests potential yet to be realized. If zero appears to the right of other numbers, it multiplies them by ten and therefore indicates abundance or infinite potential and possibilities. Alternatively, a zero is without value or substance on its own and may be a symbol of desolation and loneliness. The more mystic interpretation suggests that zero is a symbol of the unconscious, the feminine, and the Great Mother archetype. In Tarot, zero is the unnumbered card, the Fool, which is also a symbol of the unconscious mind. Its associated shape is the circle or the mandala.

One

One stands for individuality, solitude, the ego, leadership, single-mindedness, resolve, originality, and being a winner. This number suggests a need for action and is imbued with masculine virility and determination. It also suggests uniformity that is imposed at the expense of individuality, as well as stubbornness and conceit. One can also represent the beginning of something and creative potential, partly because it is the first number of others that follow and partly because it can also symbolize an erect phallus, pointing to sexual desire. In addition it may refer to yourself, as in ‘one is not amused’, or to the number-one person in your life or unity. Was your dreaming mind urging you to look out for number one with this dream image? In Tarot, one is the number of the Juggler or Magician and is a symbol of the conscious mind or will. Its associated shape is a point.

Two

Two stands for diversity, partnership, soul, and receptivity. It can also symbolize double weakness or double strength, and two sides to an argument.

Two represents duality, as in male and female, mother and father, yin and yang, heaven and earth. Two is the number of dialogue rather than monologue, and it suggests harmony and interaction between the unconscious and conscious mind. On the other hand, two can also suggest division and separation, ambiguity of meaning (being in two minds), or ambivalence or indecision over some issue or person. The number of the Tarot's High Priestess, the card of feminine intuition and insight is associated with the number two.

Three

Considered by the ancient Greeks to be the perfect number, three represents the union of mind, body, and spirit and for Christians it is a symbol of Father, Son, and Holy Ghost. Three signifies life, freedom, vitality, inner strength, completion, imagination, creativity, energy, and self-exploration. Three stands for trilogy, as in the past, present, and future or father, mother, and child. For Freud, three is a symbol of the male genitals. It can also indicate impatience, overconfidence and relationship troubles, as in 'three is a crowd'. Its shape is the triangle, which is a symbol of the creative force. Three is the number of the Empress Tarot card, which represents the feminine principles of fertility and nurture.

Four

Four denotes stability, physical limitations, inadaptability, hard labor, and earthly things, as in the four corners of the earth. It also stands for materialistic matters, practicality, responsibility, and the importance of getting things done. It is thought to encompass the essence of the material world – the four points of the compass, the four seasons, the four elements, the four members of the nuclear family; father, mother, son, and daughter – and therefore also implies strength, stability, order, harmony, and wholeness. For Jungians, four can represent personal growth, as it represents Jung's 'quaternity' of thoughts (conscious and unconscious), feelings, senses, and intuitions. It is the number of the Emperor in the Tarot deck, a symbol of masculine strength and resolve – and its associated shape is the square.

Five

Five represents your persuasiveness, a daring or bold nature, action, or the five human senses. This number may reflect changes in direction,

irresponsibility, rashness, unreliability, and inconsistency. Five is a symbol of the human species: the five senses, five fingers, five toes, and the five points of your body in harmony with the cosmos – feet on the ground, arms stretched to the skies, head communicating to the heavens. It therefore represents striving to transcend earthly limitations to establish a link between heaven and earth. The number five is also associated with the Tarot Pope, the card that denotes spiritual wisdom. Its shape or symbol is the five-pointed pentagram.

Six

Six is a symbol of cooperation, balance, tranquility, perfection, warmth, and love. Through its amplification of the number three, it is also a symbol of creation and choice, and the number of psychic intuition, your sixth sense. It may also represent a struggle between good and evil or the spiritual and the material as symbolized by the six-pointed star in alchemy, which is composed of two opposed triangles, one pointing to heaven and the other to hell. Its associated Tarot card is the Lovers, which symbolizes choice.

Seven

This is the number of mental perfection, healing, completion, music, and the attainment of high spirituality. Seven is a sacred number for many peoples, being the number of the rhythm of life (the world was created in seven days) and the passing of time (seven days in a week). Life is also said to run in seven-year cycles in the West; adulthood is traditionally celebrated on the 21st birthday, and in Judaism a boy adopts adult responsibilities at the age of 13. Numerologists believe that seven is a number that possesses cosmic energy because it was once believed that there were seven planets in the cosmos. In dreams, the number seven could also suggest the possibility of the seven-year itch, the urge to be unfaithful or make a hasty decision. As the number of the Chariot in Tarot, seven can symbolize drive that is controlled and directed.

Eight

Eight stands for power of authority, success, karma, material gains, regeneration, and wealth. Eight is a multiple of four and has a similar significance of wholeness; but eight, when it is placed on its side by mathematicians, also symbolizes infinity – apart from zero, eight is the only

Arabic number to have no beginning and no end. When the number eight appears in your dream, trust your instincts and intuition. In Tarot, eight is the symbol of Justice, symbolizing impartial wisdom. The Chinese believe that eight is very lucky and can bring food fortune. It can represent regeneration and new beginnings.

Nine

As it is the last sign digit, nine can suggest reconciliation, completion, and the accomplishment of a creative task. As three times three, it has a sacred wholeness as the number of total perfection and balance. In the West, nine is considered to be the number of eternity; in India, it is the number of God and Yogi who will leave the wheel of birth and death. In dreams, the number nine suggests the end of one cycle and the beginning of another but it can also suggest lack of concentration. Pregnancy is usually of nine-months' duration, so your dreaming mind may be suggesting a preoccupation with birth and babies. Nine is the number of the Hermit card in the Tarot pack and as such can suggest solitude and introspection.

Ten

Ten corresponds to closure, great strength, and gains. In the Jewish and Christian traditions, ten is the symbol of law, the Ten Commandments governing human relations between each other and with God. As the sum of 1, 2, 3, and 4, ten is considered a perfect number, integrating creation, movement, humanity, and stability. Ten is associated with the Tarot Wheel of Fortune, a card that suggests change and opportunity.

Double Digits

In Tarot and in dreams, the significance of numbers does not stop at ten. In most cases, the number can be reduced to a single digit number as described above, but certain numbers have additional associations. Eleven is associated with the power of the intellect and the Tarot card Strength. It stands for intuition, mastery in a particular domain, spirituality, enlightenment, and capacity to achieve. Eleven is also traditionally a symbol of transgression, as it goes beyond the law, represented by ten. St Augustine called 11 'the coat of arms of sin'. Eleven can also suggest anxieties about a deadline, as in 'the eleventh hour'.

Twelve has a spiritual significance because of Jesus' 12 disciples. In

dreams it may represent a revelation of truth. There are also 12 months in a year, so the number 12 in a dream may be urging you to enjoy your success and prepare for the future. Twelve is the number of the Hangman, a Tarot card symbolizing the sacrifice of ego, or new outlooks and perspectives.

Thirteen is traditionally an unlucky number and it may cause anxiety if you are superstitious. But it is also a symbol of optimism, completeness, and new hope. For Mexicans, 13 is a lucky number since their pre-Columbian ancestors worshipped 13 gods and 13 heavenly bodies. Thirteen is the number of the Death card in a Tarot reading and it represents transition and rebirth. In dreams, 13 is a paradoxical number meaning death and birth, end and beginning, and change and transition. It is symbolic of obstacles standing in your way that you must overcome to achieve your goals.

Fourteen is associated with the Tarot card Temperance, representing balance, harmony, and equilibrium; it signifies the unexpected and your need to adapt to ever-changing circumstances. It is also symbolic of over-indulgence and giving in to your desires. Fifteen is the number of the Devil, a Tarot card symbolizing the need to resist temptation or break free from restrictions. The number 16 is linked to the Tower, a Tarot card that suggests a struggle for freedom; it also symbolizes innocence, vulnerability, tenderness, destruction of the old, and the birth of the new. Seventeen represents the Star, or renewed hope, in a Tarot deck; 18 is the number of the Moon in the Tarot deck, which warns against illusion and confusion; it also warns against treachery, deception and lies; 19 denotes the Sun, a symbol of success and happiness in the Tarot deck; it indicates independence and the overcoming of personal struggles. You will find that you often have to stand up for yourself.

Twenty is associated with Judgment, a Tarot card of assessment and new beginnings; 21-one represents the World, in a Tarot deck, a symbol of unity. According to numerologists the number 21 represents a turning point in your life. It is also associated with the responsibilities to which you need to own up. Twenty-two denotes mental powers and knowledge. It also indicates that you are goal-oriented and practical. The number 24 symbolizes rewards, happiness, love, money, success, and creativity. Twenty-six symbolizes the earth, and the law of cause and effect. Thirty-three is a symbol of personal and spiritual growth. The number 39 symbolizes understanding and thoughtfulness. Forty denotes a period of cleansing, preparation, and growth. Forty-four refers to a sacred union or divine marriage. Fifty stands for all that

is sacred in your life. Sixty is associated with time. It may refer to time running out or longevity.

Generally, rather than sending an archetypal or symbolic message, double digits in your dreams may also have been referring to your age, or the passing of time or times in your life from which you can draw inspiration or from which you are reluctant to depart.

Master Numbers

There are three double digit numbers that require special emphasis. These are the numbers 11, 22, and 33. They are called 'master numbers' because they are thought to possess huge potential. Eleven is the most intuitive of all the numbers and it suggests powerful illumination. Twenty-two suggests the realization of your goals. Thirty-three is a powerful symbol of personal wisdom and understanding.

Negative Numbers

If negative or minus numbers appear in your dream, they are not necessarily negative symbols. In some instances they may contain a message to look back to a past time or situation and evaluate it more objectively. Perhaps you need to take a few steps back from a situation or to revisit things, as glitches may still need to be sorted out. On the other hand, negative numbers may reveal a sense of negativity and could be a wake-up call for you to start thinking more positively.

Triple Digits

The larger the number in your dream, the greater amount of yourself may be involved; big numbers represent things that are impressive or mean a lot to you. A hundred is a symbol of completion, a full century and a more powerful representation of those qualities associated with the number ten. Six-six-six, the number of the Beast, is mentioned in the Book of Revelations in the New Testament. In some interpretations of Christian eschatology, the 'Beast' is believed to refer to an entity controlled by the Antichrist, and even today the number 666 is considered unlucky or a sign of evil by some people. In the Jewish tradition, however, the number 666 is considered a mystical and holy number, and is considered to be God's number. It also refers to creation, since the world was created in six days. If the number 9/11 appears in your dream, your unconscious may have been using these numbers to draw a

parallel with the shock and devastation you felt on that terrible day of death and destruction, and your similar reaction to the events currently rocking your world.

If the number 1,000 appears in your dream, it may be associated with the millennium and the coming of the Messiah, or it may signify some other form of spiritual awakening. It is also a symbol of vastness and the immortality of love. Once you start dreaming of millions, billions, or even larger numbers, these numbers are so vast they take you beyond the personal. They are also associated with riches of some sort, not necessarily financial.

NUN This symbol of spiritual authority represents your spiritual wisdom or the side of yourself that has a vocation in life. See also **PRIEST**.

NURSE This symbol may suggest a more compassionate side to your nature, or the side of yourself that has a vocation in life. In men, this symbol may suggest the importance of relationships with women that are non-sexual.

NURSERY A nursery full of babies suggests that starting a family may be high on your agenda, but it can also mean that you may be thinking about keeping a pet, or nurturing a group of people or a project. If the nursery is badly run, this is a reflection of your anxiety about leaving your children or a sick family member under other people's supervision. If the nursery school in your dream is full of very young children, this suggests that your ambitions will take you far, but if the nursery is empty or deserted, your plans may be unrealistic and you should review them before proceeding further. If you dreamed of being back at kindergarten, or some other environment strongly associated with the early years of learning, it may be that your unconscious is transporting you back to that time in order to remind you of a valuable lesson that you learned, or failed to learn, there. For example, did your kindergarten teacher encourage you to join in with the activities, and have you been aloof in waking life recently? On the other hand if you dreamed that you were playing around with your friends and driving the teacher to distraction and

received a bad report as a result, could this be a pattern that is being echoed in waking life? By reminding you of the relationship between cause and effect, your unconscious may be urging you to stop using immature strategies to gain popularity or impress others, and start applying yourself instead.

NURSING

See **BREASTFEEDING**.

NUTS Although less juicy then fruits, nuts are equally nutritious and satisfying, sharing fruit's general symbolism of reward, fertility, and well-being. And because their edible parts are encased in hard shells, they also denote wisdom and insight that may be hidden or yet to be discovered. To dream that you are gathering nuts could suggest success in business and in love. You may also be trying to get to the core of a matter or situation. To dream that you are eating nuts signifies prosperity and attainment of your desires, but if you dreamed of exerting enormous force to crack open a nut, your unconscious may have been referring to someone in your waking life who is a tough nut, presenting a hard face to the world while possessing a tender interior. Alternatively, it may signify some project in your life that is proving to be a tough nut to crack. Bear in mind also that your unconscious may have been making a reference to testicles or 'nuts', or was reflecting the current craziness of your waking life. Consider also the association with health, as in a 'health nut', or feeling passionate or nuts about something.

Your dreaming mind may also home in on a particular nut and if it does there may be a sexual connotation. Almonds, for example, resemble female genitalia and because the almond is a symbol of the Virgin Mary, they may also denote virginity or innocence. Bear in mind, too, the phrase 'almond eyed', which indicates a perceptive individual. Although most nuts symbolize masculine sexuality, the walnut does so more than others, suggesting fertility in particular. To see or eat filbert nuts in your dream signifies peace, harmony, and profitable business ventures. Nutmeg indicates a basic natural ability or talent you may be unaware that you have. A nutcracker will exemplify a need for solutions or resolution, while a nutshell relates to the shells you use in waking life to protect yourself. A nutshell may also indicate a need to consolidate your beliefs into a basic, simple formula. To see a nut tree in your dream signifies happiness and rewarding experiences in waking

life.

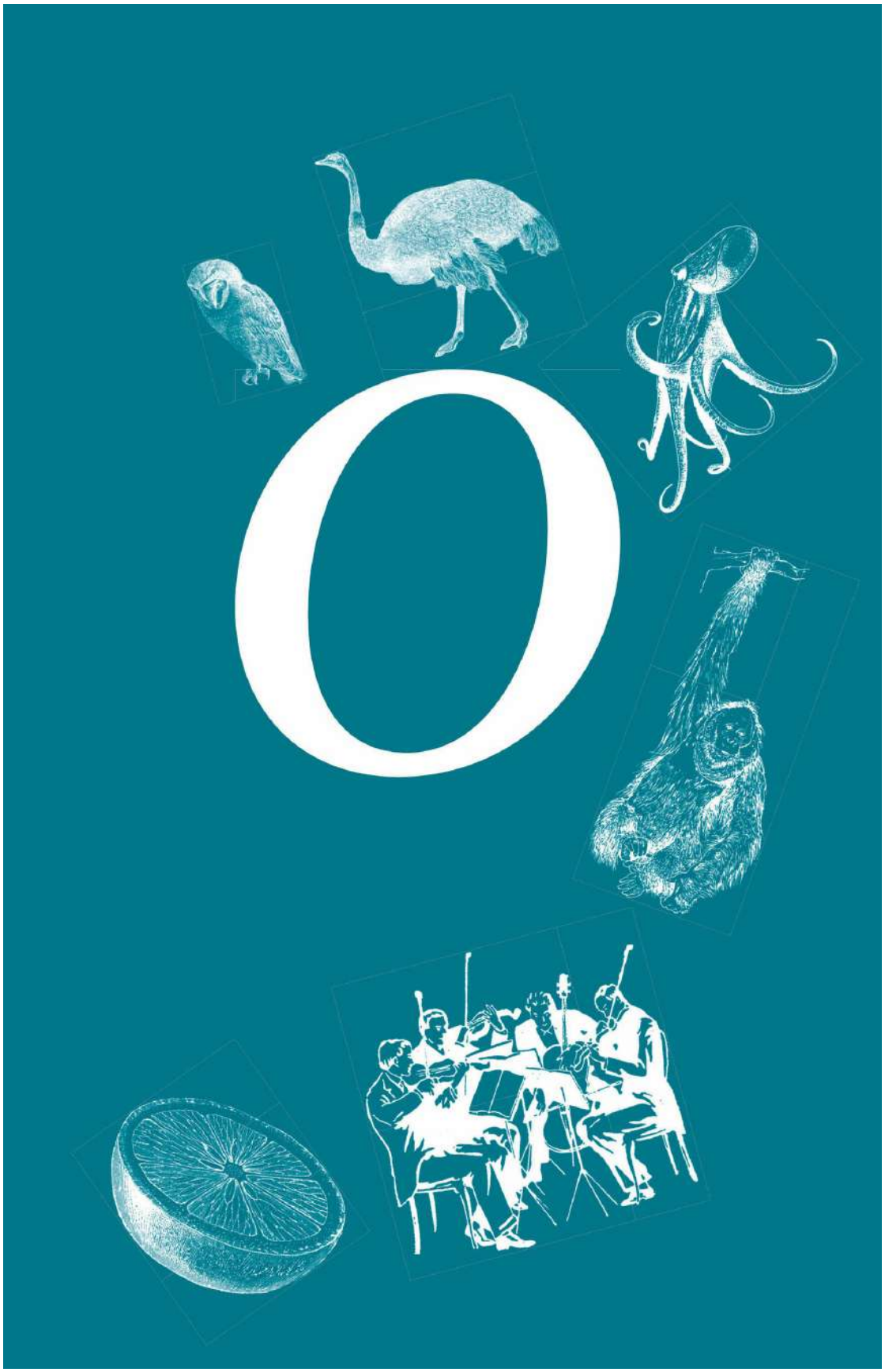
Dreams of seeds or kernels pertain to your inner talents and abilities. Other interpretations include: the beginning of something or the completion of a phase or cycle, mission accomplished, fertility, and going to seed. They may also be a homonym for ‘cede’, or surrendering. Sunflower seeds suggest the emergence of spiritual joy, pumpkin seeds stand for opportunities to express yourself in waking life, hemp seeds refer to a strong or powerful factor in your life and flax seeds signify a way of life that offers multiple benefits

NUTS AND BOLTS

This symbol draws your attention to the practicality of a project you are involved with or about to get involved with.

NYLON

See FABRIC.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OATMEAL
See FOOD.

OBSCENITY
See NEGATIVE SYMBOLS.

OBSTACLE
See PATH.

OCEAN Dream oceans and seas represent the unconscious emotions, instincts, or urges that are influencing your attitude, approach, and reactions in waking life. Perhaps their most symbolic associations are with the unconscious mind, and with the ebb and flow of feelings that can sometimes build up into a tidal wave of emotion. The state of the sea in your dream is highly significant: a shallow sea suggests lack of emotion, a stormy sea suggests passion, and a calm sea suggests peace.

The ocean and the sea are also a symbol of the feminine principle, so a dream of being overwhelmed by a wave may suggest that you are being smothered or dominated by a woman in your life, while calmly floating in the sea or surfing the waves suggests a good relationship with yourself, and perhaps with a woman. If you are struggling against the tide, this is a sign that you are not making the progress you had anticipated, but that you are nonetheless gaining strength and wisdom from the struggle. If a sea monster emerges from the depths, could this symbolize unconscious fear or even an aspect of yourself that is being repressed in waking life?

OCTOPUS Octopuses have numerous tentacles that operate independently, so could your unconscious have been commenting on your multitasking ability? As a sea creature, the octopus carries the energy of

emotion and the many ways to hold or connect. In their positive form, these creatures reflect emotional depth and the ability to direct your energy in many directions without losing your center. A dream octopus may therefore suggest successful business deals or any other project involving much multi-tasking. It may also be associated with a person or situation that has many ways of holding or affecting you, such as a mother or a debt. If a squid squirted a cloud of black ink in your face in your dream, could this be indicating that emotional conflicts are being obscured rather than confronted?

OFFICE If you work in an office, the chances are that this will feature every now and again in your dreams. Sometimes your dreams will be connected with your work, but in general such dreams represent another aspect of your waking life, aside from work; this may be a particular problem, your emotions, or your attitude to life and authority. If you feel crowded in by computers, typewriters, and people, this may indicate a crowd of problems whereas an office that is suddenly closed or deserted may reflect an emotional emptiness in your life.

If you were stocktaking in your dream, you may be taking stock of your present situation; if goods are being carried out you may feel as if your inner resources are being depleted. If you had a dream in which you were storing away documents in a filing cabinet, this may have been urging you to store away memories that are no longer relevant to your waking life. Alternatively, could your unconscious have been urging you to restore order to a waking life littered with chores and obligations?

OFFICIALS

See **WORK**.

OIL (COOKING)

See **FOOD**.

OLD PEOPLE Dreams of old people may refer to your parents or to life

experience. They can of course reflect your feelings about aging, and how you are dealing with it. Old people in dreams also signify traditions and wisdom from the past – those things which are sacred to you or to your family. In some cases, older people may represent your parents, even though the dream figures may have no relation to them.

OLIVE GROVE

See **ORCHARD**.

ONLINE

See **INTERNET**.

ONLINE SERVICES

Shopping online has become such a way of life today that it is not surprising that images related to online services now appear in our dreams. The general theme if you dream about online services is the power of your choices – you have the power to select the quality of what you are viewing or ordering. In your waking life, are you focusing on quality and choosing the best for yourself? Are you taking time to consider all options or are you making hasty decisions you may later regret? If you find yourself selling something online in your dreams, is there something or someone in your life or your past that you need to take another look at or revaluate? Or is it time to hand over responsibility to someone else? If you are ordering something online, what are you ordering and are you able to pay for what you ordered? Does it arrive? Are you happy with your purchase? Your dreaming mind is encouraging you to think about what you want to happen in your waking life here. Are you able to take the necessary steps (to put in the hard work) to get what you want?

See also **SHOPPING**.

OPAL

See **GEMSTONE**.

OPERA If you are watching an opera in your dream, this suggests that you need to observe the drama taking part around you in waking life. If you are

taking part in an opera, but not singing, this suggests that you need to inject more drama into your waking life. If you are singing in the opera, you are beginning to express your emotions more fully in everyday situations. If you hear singing in your dream, this suggests that you are, or need to be, in touch with your emotions and creativity. Singing is a way of raising your vibration to a higher level, emotionally and spiritually. If you are singing, this is a pure expression of joy and love of life. If you are singing alone, you have learned to enjoy your own company. If you are singing in a choir, you are able to express yourself well in a group.

OPERATION If you are undergoing a dream operation or surgery, this may signal your willingness to cut out old prejudices or attitudes that have hindered your psychological growth. The symbolism of an operation also implies taking stock of your life to date. Have you achieved what you hoped? Are you happy? The dream is telling you to get out and live your life, and not waste another second with excuses or regret. The transplantation of a limb or body part in a dream may symbolize a new arrangement in your life. It is especially common for people in new relationships to dream of having a new pair of legs or hands, or a new heart or head. This sounds gruesome but it is your dreaming mind's way of helping you adjust to a new way of life. Unless you are actually in need of, or awaiting, organ transplant surgery, if you dream of getting a new body part, you can be sure that you are going through a significant change in your life.

ORANGE

See **COLORS, FRUIT**.

ORCHARD In dreams, orchards may represent how well you take care of yourself and the interpretation will depend upon whether the trees have flowers or fruit, and what type and color the fruit are. If the trees are showing flowers or fruit, this suggests potential success. Happiness and a sense of security are signified by a dream in which you are traveling through an orchard filled with blossoms. If the orchard has been affected by a storm or is empty, the opposite is suggested. Just like the fruit on its trees, the orchard itself may represent pregnancy. An orchard with unripe fruit may remind you that much work still needs to be done to achieve your objectives; rotting fruit

on the grass may suggest that you are spoiling your chances of success by not acting. Vines or vineyards in dreams can suggest fruitfulness, fertility, and potential growth. To dream of a vineyard can represent a sense of optimism since it is a place where you can gather the fruits which end up as wine, a notable lifter of spirits. Olive groves are symbols of peace and purity, as well as triumph over adversity, and in dreams they are harbingers of a period of great creativity.

ORCHESTRA If an orchestra or musical concert figures in your dreams, it refers to those aspects of your personality that must work together with one another in order for you to function properly. Such dreams suggest ways for you to bring all these aspects of yourself together to create a balanced whole. If you orchestrate something, this means you make it happen and this dream may also be urging you to take action in your waking life. If you find yourself conducting an orchestra, this means that you need to take control, but are you creating sweet music or disharmony? If you are a member of an orchestra, you are a vital part of a greater task. Are you in or out of tune? This could refer to your waking life, in which you might be blending in harmoniously with friends and colleagues, or conflicting with them.

ORCHID

See **FLOWERS**.

ORGAN In dreams, an organ can often represent the dreamer's feelings about religion, but recall that 'organ' can also be a slang term for penis. The organist as an image in a dream is the part of us that knows how to bring the parts we play into harmony. It represents the discipline and determination we need to manifest in daily life in order to make ourselves heard.

ORPHAN
See **FAMILY**.

OSTRICH
See **BIRDS**.

OTTER
See **ANIMALS**.

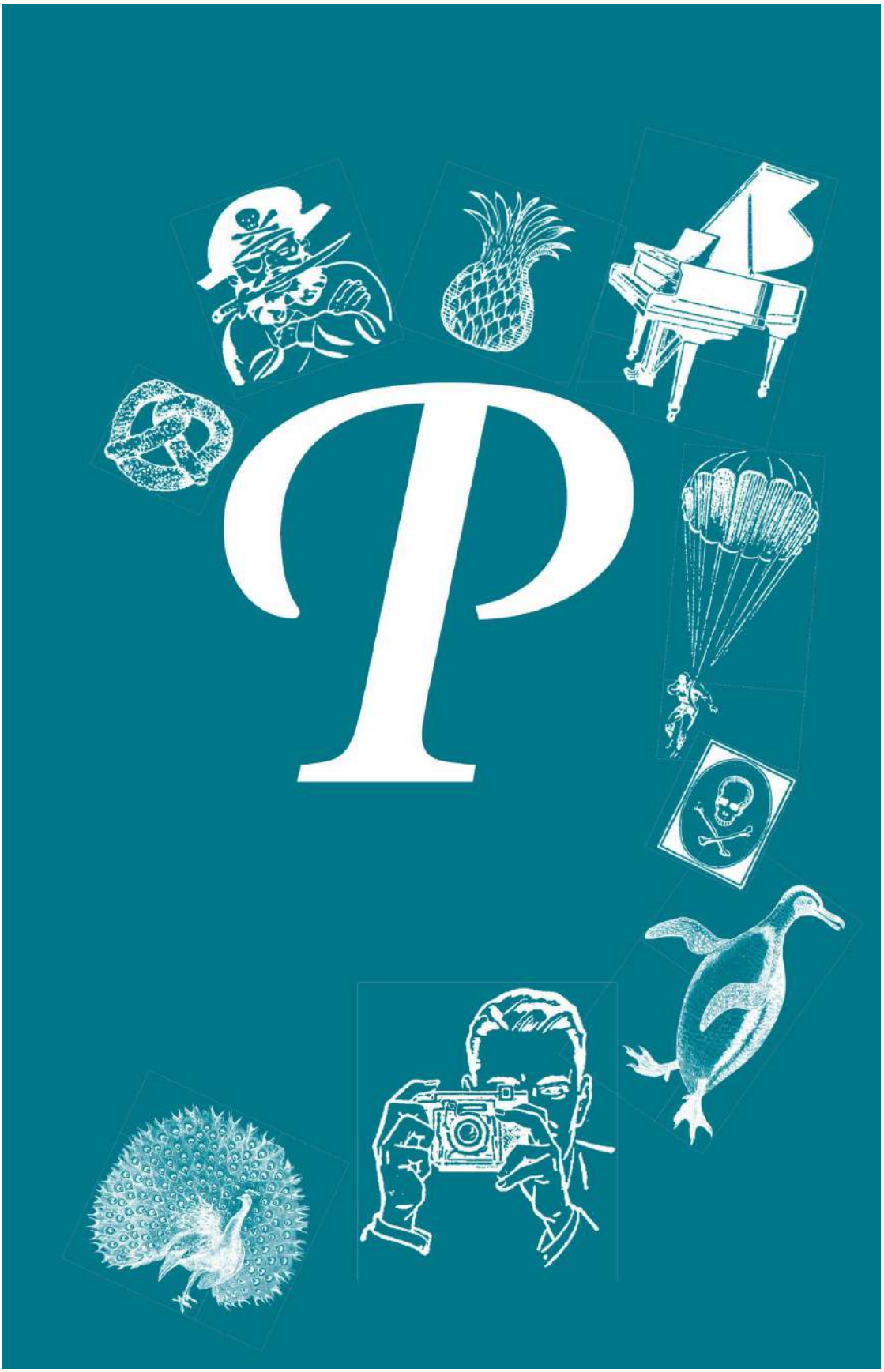
OVEN
See **COOKING**.

OVERCOAT
See **CLOTHES**.

OWL
See **BIRDS**.

OX
See **ANIMALS**.

OYSTER If you come across an oyster in your dream was the shell open or closed? If it was shut it may be hinting that your unconscious contains pearls of wisdom. Oysters are also traditionally thought to be aphrodisiacs, so is it time to reinvigorate your love life? If the shell was empty your unconscious may be indicating events that have passed by, or do you think the world is no longer your oyster?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PACIFIER If you are pregnant, any baby-related items that appear in a dream may be reflections of your current preoccupation with all things baby. If you are not pregnant or thinking about starting a family, baby-related items in dreams link in with the birth theme of new beginnings and possibilities. They can also represent your desire to be supported, loved, and protected.

PACKAGE/PARCEL According to Freud, parcels may symbolize female sexuality. If you are excited about opening a parcel, this may suggest the heady thrill of a new relationship, but if you do not want to open a parcel, this may express a fear of intimacy with others.

PAIN

See **ACHE**.

PAINTING (DECORATING) If you are painting as in decorating in your dream, this could suggest that you are making changes in the way you feel about yourself. It could also represent changes in your appearance of lifestyle.

See **HOME IMPROVEMENTS**

PAINTING (PICTURES) To be looking at paintings or painting in a dream suggests that you are paying attention to new ideas, and making

changes in the way you think and feel. It may also refer to the need to take note of the details of a certain situation in your life. Painting has a lot to do with self-expression, and what you are painting and the colors you are using are important. If you are painting a miniature, perhaps you need to concentrate on small details. If you are painting a nature scene, perhaps you need to spend more time in the fresh air. If you are painting larger pictures, perhaps you need to see the larger picture. The actual image that you are painting in your dream may symbolize the way that you are visualizing your current situation in your waking life.

PAJAMAS

See **CLOTHES**.

PALACE

See **MANSION**.

PAN

See **COOKING**.

PANIC

See **HORROR**.

PANSY

See **FLOWERS**.

PANTHER

See **ANIMALS**.

PANTOMIME

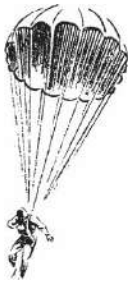
See **PLAY**.

PANTS/SLACKS/TROUSERS

See **CLOTHES**.

PAPER Blank sheets of paper in your dream may be a symbol of either hope or despair; the opportunity to create or the sense that you have no fresh ideas. Paper that is crumbled up or torn can suggest the rejection of outdated ideas.

PARACHUTE If you are falling in your dream and a parachute suddenly appears to help you land safely, perhaps you need to lower your aspirations thereby escaping from an exciting but ultimately dangerous situation.



PARALYSIS One of the most terrifying and anxiety forms of nightmare is the one that involves some kind of paralysis where you cannot move. Dreams of being paralysed are in fact a part of REM sleep, during which the majority of us are unable to move. A person tossing and turning in their sleep is not having a nightmare. The simplest interpretation of a dream in which you are paralysed is that you are unable to move forward and feel pinned down or paralysed in some aspect of your life. The dream may also be an expression of some kind of conflict; you may be unable to choose between two possible courses of action or be caught in a situation that restricts you.
See **DEAD END**.

PARASITES
See **NEGATIVE SYMBOLS**.

PARENTS During the early years of your waking life it is likely that you were physically and emotionally dependent on one or both of your parents or, if either or both were absent, on an alternative mother or father figure. As you emerged into adolescence and adulthood, the chances are you became less reliant on them, yet memories of that early dependency usually remain with

you on a conscious or unconscious level. Because your parents had such a great influence over you at a time when your personality was developing and you began to assert your individuality and independence, your feelings toward them will remain intense.

Dreams that feature your parents can have numerous interpretations but the key to understanding them depends on the feelings you associate with your parents, particularly those when you where a child and your parents were the center of your universe. When your dream parents are true to character, the message of your dream is usually easy to understand. For example, if your parents appeared in your dream with words of encouragement and love and they were, or are, this warm and loving in real life, then your dream may simply indicate that you are feeling insecure and in need of validation or unconditional love. Perhaps you dreamt that your parents scolded you about your recent poor performance at work and you have memories of them chiding you harshly over poor grades at school? If this is the case, it may be that your dream is highlighting your dissatisfaction at not living up to the standards your parents instilled in you.

If your parents appear together in your dream, this indicates the rules and codes you learned as a child that still speak to you from within. If you are hurting, killing, burying, or trying to avoid a parent in your dream, this suggests a desire to be free from restraints and values gathered from your parents. You may feel shocked by such a dream, but it is in fact a healthy sign of emerging independence as when your dream parents die or are beaten, you can inherit the power gained from what was good in your relationship.

Dreams in which your parents appear foolish, drunk, or disorderly have a similar interpretation; they are a means of gaining independence from internalized values. Dreams in which your parents are crushing you are fairly easy to interpret, suggesting that you need to break away from childhood behavior patterns and develop as an individual. Dreams in which parents die or are dead already can be interpreted the same way. When a parent appears in your environment, home, or workplace in your dream and there is no sense of tension, this indicates that you have learned to develop your sense of self and can accept your parents as friends.

Frequent appearances by one or both parents in dreams may be a sign that you have not thrown off an infantile overdependence on them. Jung cites a young man’s dream in which the man’s father appeared as a drunken driver, smashing his car into a wall. This was the exact opposite of the man’s real

father, who was a most respectable person, and who was rightly – but far too greatly – respected by the son. What the unconscious was doing through the dream was dethroning the father in order to enable the son to achieve a proper sense of himself as a person in his own right, with his own unique destiny and values. So if your dreams regularly feature your parents, this may suggest that you are more dependent on them than is healthy at this stage in your life. Dreams in which your parents hurl abuse at you or behave inappropriately may therefore be trying to shock you into taking your mother or father off their pedestal so you can give yourself some much-needed emotional independence and freedom.

Whether or not your parents' behavior in real life mirrors their behavior in the dream, reoccurring dreams about parents often raise the question of whether it is time for you to become more independent and strike out on your own, regardless of what your parents may think is best for you in waking life. If you behaved inappropriately toward your parents in your dream, for example swearing at them, listing their faults, or even murdering them, such a dream is likely to be a safety valve that enables you to let off tension that you may have been repressing in waking life. It is also likely to be an indication that you need to break free of parental control and take charge of your destiny. Finally, if an interpretation of the appearance of your mother and father still eludes you, it may be that your anima (if you are a man who dreamed of your mother) and your animus (if you are a woman who dreamed of your father) may be making an appearance; alternatively, it may be that another archetype has disguised itself as one of your parents.
See **FAMILY**.

PARK Wandering about a park or enjoying a picnic in your dream may refer to the need for temporary relief from life's harsh realities. It may be interpreted as wish-fulfillment; are you in need of some rest and relaxation? It is also important to interpret your feelings about this dream and the other symbols, particularly what you were doing and the people you were with. Park images in dreams also represent feelings that have become a matter of importance not just for yourself but for the community in which you live.

PARKING LOT Dream parking lots are often difficult to navigate and all too often cars will go missing. Such dreams tend to occur when you are

making an important decision in your waking life concerning your career and life path. Getting lost in the parking lot suggests confusion and if your car goes missing, you may feel that you have lost your identity in the struggle to succeed and meet expectations. The parking lot itself could be seen as the illusion of the good life. You can make all the right moves to get ahead but in the process you may find that something important is missing.

PARROT

See **BIRDS**.

PARTNER If you dreamt of your partner leaving you this reflects feelings of insecurity about the strength and consistency of their affection for you in real life. If you do the leaving, however, your unconscious is alerting you to negative emotions your partner may trigger in you or to a quality within yourself you dislike.

See also **FAMILY**, **HUSBAND**, **RELATIONSHIPS**, **WIFE**.

PARTY If you are attending a party in your dream, it may mean that you should get out a little more and embrace life; or perhaps you need to celebrate something about yourself. If the party you are attending is dull or you aren't enjoying yourself for some reason, then it may be an indication that you have doubts about the social skills you possess. If you dream of a political party rally, it shows that you are prepared to stand up for your beliefs.

PASSAGE If a passage or passage way appears in your dream this carries with it a sense of being in the middle or 'in between' something. It can also suggest change from one stage in life to another.

See **CORRIDOR**.

PASSENGER If you are a passenger in your dream you may be feeling that circumstances in your life are carrying you along either because you feel powerless or because you are allowing them to. If someone else is driving this suggests you are being motivated or directed by someone else's opinion and if you are carrying passengers you may feel you are taking all the responsibility at home or at work.

PASSPORT Depending on the context of your dream this image could represent your feelings about travel or your sense of identity.

PAST A dream that plunges you back into your childhood or an earlier stage of your life may indicate nostalgia for happier times or regret for the lost years. Alternatively, your dream may be urging you to recapture the high spirits and optimism of your youth, or be reminding you of an important lesson that you learned at that time but seem to have now forgotten. If your dream sent you back to a period of your life that was unhappy, the purpose may have been to help you re-examine and resolve your emotional baggage.

PASTA

See **FOOD**.

PATH

The path is a classic symbol of the direction your life is taking. A rocky path suggests obstacles in your way. When a path suddenly inclines uphill, Freudians would interpret the climb as a desire for sex. If you are traveling alone, this suggests independence or loneliness. If you are traveling in a group, pay attention to the people accompanying you. Are they helping or hindering your progress? Traveling companions suggest your involvement with others in life or the feelings and attitudes that influence you and give you direction. If the path was wide, open, and straight, the sun was shining, you had a clear view ahead, and were walking with confidence, this suggests optimism, independence, well-being, and a sense of direction in life.

If, however, the dream path is foggy, hazy, or you are walking in darkness, the message is that you have lost your focus. The same would apply if you are struggling to push your way through foliage or other obstacles, such as rocks, holes, and other pitfalls. If you overcame the obstacles, the message is that you will find a way of doing so in waking life; if you gave up, this suggests that you feel defeated. If you felt frustrated that you could not move as fast along the path as you would have liked, this also suggests obstacles inflicted on you by others or by yourself.

If you are following a trail of footsteps in your dream, perhaps this reflects your sense to follow someone else's example in waking life. An open road suggests a desire for freedom, whereas a narrow road suggests

constraints. Dreaming of a highway can express your desire to fast-track to success in life. A fork or bend in the road can indicate indecision.

PAY
See **MONEY**.

PEACOCK
See **BIRDS**.

PEAR
See **FOOD**.

PEARL The pearl is a Freudian symbol of female sexuality, especially when seen embedded within an oyster or when adorning a woman's neck in a pearl necklace. For Jung, pearls express a dreamer's aspiration to purity and personal spiritual transformation. Alternatively, dreams of pearls may be highlighting a 'pearl of wisdom' someone has to offer, or the inner wisdom and beauty that has emerged from the trials of life.

PEAS
See **FOOD**.

PELICAN
See **BIRDS**.

PEN/PENCIL
See **WRITING**.

PENGUIN
See **BIRDS**.

PENIS
See **BODY**.

PENSION In dreams, pensions are generally associated with aging or old age, so if you had a dream in which you were collecting your pension or setting up a pension, your dreaming mind may be urging you to do just that. If you received your pension payout in your dreams, pay attention to how you felt about it. Did you feel delighted or lost? The answer will tell you not just about your attitude to aging, but about your attitude to work and whether you are working to live or living to work.

PEOPLE From a Jungian perspective, people in dreams reflect the dreamer's inner life, sometimes showing the various parts of the dreamer's personality. Many people assume that when they 'see' another person in their dreams the dream was meant for that person. This is rarely the case. People in your dreams can appear as themselves, particularly if they are people you know or have known; your dreaming mind may introduce them to highlight a specific quality or character you need to be aware of in them. Many dream analysts, however, believe that the majority of people seen in dreams are a subjective representative rather than an objective one. Each type of person throws some light on some aspect of your life – be it your relationships, your hopes and fears, or aspects of your personality that you need to learn to control or cultivate.

Whenever you encounter another person in your dream, ask yourself these two questions: what is a single word that describes my current opinion of the person, and what is the person doing in the dream that I am doing in real life? The person is chosen in the dream for their symbolic representation. We all come to associate certain people with certain actions or characteristics. If they are known to you, consider what the dream is saying about that person as a reflection of a part of you. There may also be emotional considerations that arise through your dreaming mind's choice of that particular person. For these, ask more questions: are there parts of that person that I admire, that I envy, of which I am jealous? What is it that I feel for the person in the dream? In many cases, the feelings that your interaction with people in your dreams gives you will be those that you are becoming aware of in real life.

People in dreams are most typically connected to hidden or repressed aspects of your character. They can raise issues that you would rather forget. If you can listen to your dream characters, they may be able to help you deal with conflict or confusion in your waking life and help you achieve balance.

Whatever the case, in order to achieve an understanding of the people in your dreams it is important to consider the atmosphere, the role that each character played, the feelings that you experienced in your dream and your waking associations with these people. In short, if people figure in your dreams ask yourself what these people say about the hidden aspects of yourself. Try to work out what or whom each person in your dream makes you think of. In that way you will be able to discover the deeper meanings and associations.

Many of the people in your dreams will remind you of family members, partners, loved ones, or yourself at various stages of your life; if this is the case, refer to the relevant entries in this directory.

People from Your Past

Images of people from your past not your present can link you with that period in your life, as well as with specific memories and experiences. A first boyfriend in a dream, for example, would represent all the emotions and struggles you had in that relationship and what you took away from it in terms of life experience. Dreaming often of people you knew in the past would therefore suggest that past experiences or lessons are very active at the moment, or that you are reviewing those areas of your life. If you dreamed of a reunion with someone from the past, this suggests that you are looking back to the past too much and should be looking ahead to the future. To dream of dead people is a testament to the influence those people still have in your life; they may be dead, but they possess an influence on you. They may also represent your feelings about death.

PEPPER

See **FOOD**.

PERFUME

See **SENSES**.

PETALS Petals are a magnified emphasis of the presented flower. They can celebrate a marriage or unity of any kind. The shape or number of petals reflect a flowering aspect or the displaying of true colors. Petals falling from a flower may represent making way for a new phase.

PETS Animals in dreams typically represent your most basic and natural feelings and drives. These may be anger, the need to survive, parental urges, sex, or procreation, desire for recognition in the social group, maternal or paternal love, home building, and spontaneous feelings of affection.

Animals represent these drives free of social convention and expectations. Dream pets also represent your basic nature but, because they are domesticated and integrated into home and social life, they carry a slightly different interpretation. They particularly indicate the desire to be loved or petted, and they are most often associated with feelings of responsibility or caring.

Your dream will indicate whether you have indeed cared for and 'house-trained' these feelings, or whether they have been caged and aren't being cared for. The action in the dream will suggest what you are doing with this aspect of your nature. According to Jung, if images of starving, out of control, violent, or destructive pets and animals appear in your dreams, this indicates that you have become estranged from your instincts and closed the door to your inner nature. It may also reflect your feelings about becoming pet-like and whether or not you have become overly dependent on the demands or attentions of someone else in your waking life.

Pets are an important part of many people's lives and when a pet from your past or present features in your dream, your unconscious may be reflecting your feelings about that companion be they affection, regret, comfort, or loss. If, however, you don't have a pet in your waking life and you dream of one, this may represent someone in your life who is feeling vulnerable and needs your emotional support. Another interpretation for pet dreams is that the animal depicts an aspect of your character. In your waking life you may not be aware of your deep need for affection and attention but this need will show up in your dreams when a pet appears. It is a symbol of your natural drive to give and receive love.

If you own a pet in your dream, your unconscious is drawing your attention to your ability to look after someone or something more vulnerable than yourself. It is also a symbol of unconditional love, and being sensitive to the distress and needs of others. Alternatively, it may also represent an aspect of your character or personality that you feel you should use in a particular situation. If a woman dreams of baby pets, this may signify her desire for children; if adults of either sex dream of baby pets, it may be relating to their feelings of dependency and how they feel about not being fully in control. If

children dream about pets, this may similarly refer to their feelings of being dependent, but will generally represent their desire for unconditional love from their parents or carers. If the pet you dream about is familiar to you, the interpretation will very much rest on the nature of your relationship with that particular pet.

Dreams in which you are caring for your pet or shopping for pet supplies show that you are paying attention to your emotional needs or making sure you get what you need. But if a pet appears starving, uncared for, and without food or water, this suggests that you are not taking enough care of your own basic needs for affection and attention. Perhaps you are too busy and have forgotten your needs, or perhaps you are so wrapped up in caring for the needs of someone else that you have neglected your own. To dream that you are saving the life of your pet suggests that you are successfully acknowledging certain emotions and characteristics represented by the animal. The dream may also stem from feelings of inadequacy or feeling overwhelmed. Dreams which feature pet shows or competitions can suggest pride in your achievements and emotional confidence, but they can also suggest the potential for arrogance.

Animals symbolize the untamed and uncivilized aspects of yourself, so to dream that you are fighting or struggling with your pet suggests that you are trying to reject or hide your need for affection and companionship in waking life. To dream of talking pets suggests that you are listening to some form of superior or mystical knowledge. What the animal is saying to you will usually be some form of wisdom, particularly if the pet is very old, like a tortoise. Alternatively, a talking pet denotes your potential to be all that you can be.

Birds

Freud thought that the bird represented the phallus and that flying represented the sexual act. Although in many countries the word ‘bird’ means a girl or woman, in Italy it means the male organ. In ancient myths, birds denote freedom, spiritual knowledge, or wisdom gained from experience, but many dream analysts believe dream birds represent your imagination and the aspect of your mind that can travel far and wide, even if this is only in dreams.

When a pet bird appears in your dream, there are plenty of ways to interpret its visit. If the bird is chirping or flying, then it may symbolize feelings of happiness, love, joy, or harmony. Sometimes it means that a

weight will soon be lifted off your shoulders or that you will experience spiritual freedom in the near future. On the other hand, if the bird is starving, injured, or dying, this may symbolize feelings of restriction and loneliness in waking life. If, in your dream, the pet bird is caged or you are trying to put the bird in the cage, this represents feelings of being restricted in some way, being trapped in a relationship or holding back love or affection; if there are good feelings about the caged bird, this may suggest a need to withhold or withdraw love or freedom. If you set a bird free or a bird escapes in your dreams, this indicates feelings of spiritual, emotional, or physical freedom.

Pay attention to the species of pet bird in your dream too, as this may hold a clue to the interpretation. For example, cockatiels, lovebirds, Senegals, red bellies, African grays, and Pionus parrots generally have a reputation for being quiet birds and their appearance in dreams may suggest a period or introspection and reflection. Cockatoos, on the other hand, have one of the worst reputations for screaming, largely because they require quite a bit of attention and amusement or they clamor for it loudly. Is there an aspect of your personality that is screaming out for more attention? Parrots are born copycats, so is your dreaming mind urging you to be more original or to follow someone else’s example? In dreams, such birds suggest that you are repeating without judgment what others have told you. Are you accepting or copying someone or something in your life without a proper process of evaluation? Alternatively, dream parrots may also symbolize verbosity or the need to express yourself in some way. Parakeets or budgies can represent a lack of analytical thought or spiritual thinking, while finches are a sign of emotional maturity or the need for it. Dreaming of canaries suggests singing and may therefore refer to a joyful emotion. On the other hand, it may reflect your anxieties about being the focus of gossip.

To dream of doves reflects a peaceful nature or condition. The dove is not a pet that often features in dreams, in fact it rarely appears in the dreaming panorama at all, being quite different from pets like cats, dogs, and horses that rouse strong emotions. Therefore, if a dove does appear in your dreams, your dreaming mind has conjured up a rare symbol to send you a rare message. In mythology, the dove is the bird with the sweet song that accompanies Venus; it is the symbol of a sweet creature, of a delicate strength. In dreams, pet doves that stay with you not because they have to but because they want to are symbols of a sentiment of deep tenderness, of the sharing of a magic moment that involves the lovers, their soul, and their

bodies. The dove holds in itself the sweetness of love and the elevation of the spirit, the above and the below, earth and sky. Similar in some ways to the dove is the lovebird; this bird is a symbol of companionship or an appreciation of other people in your life.

Bear in mind too that pet birds are messy creatures; the amount of cleaning they require is the biggest complaint heard from bird owners who are having second thoughts about their pets. If you are cleaning up the cage of a pet bird in your dream, this may suggest that you have perhaps taken on more responsibility than you can manage in the care of someone else or in some aspect of your life.

Cats

To see a cat in your dream signifies an independent spirit; they also suggest feminine sexuality, creativity, and power, as well as the enigmatic, mysterious, and wise part of yourself. Bear in mind, though, when interpreting your dream that your real-life reaction to cats is crucial. If you are a woman who likes cats and one appears in your dream, this may be a manifestation of one of the positive aspects of the female principle: the mother, high priestess, or Amazon archetype. If you are a man, it may have been guiding your anima toward an appreciation of the feminine part of your personality. Your dream may also have been urging you to place more reliance on your instincts when dealing with a current situation.

If, however, you dislike cats or the cat in your dream is aggressive, then it suggests that you are having problems relating to the feminine aspect of yourself. The dream cat may have represented the more negative female archetypes of the terrible mother, siren huntress, or witch. Or perhaps there is a deceitful woman in your life who is behaving cattily. Alternatively did your dream cat remind you of a pun? Are you feeling smug, like the cat who got the cream or were you being reminded that curiosity killed the cat?

If you see a cat with no tail in your dream, this signifies a loss of independence and lack of autonomy. To dream that a cat is biting or scratching you symbolizes the devouring female or perhaps you are taking and taking without giving. You may be expressing some fear or frustration, especially if something is not going as planned. Such a dream may also be a warning against treacherous people in your life or it may also represent a part of your personality that is crying out for love and attention. If a cat is injured or killed in your dream, your dream may be a reference to the nine lives that

cats enjoy. In this regard, your dream refers to the overcoming of numerous obstacles in your waking life; the resilience of the cat represents your own inner strength and tenacity. Generally, cats are symbolic of feminine power and independence, so if one appears in your dream, have you been feeling that these characteristics are not being expressed within yourself?

If you come across a cat in your dream and spend a great deal of effort trying to locate its owner, it could be because you are the owner of that 'cat'. The cat is symbolic of a part of your inner self. The characteristics that cats represent can be understood by thinking about their 'essence', or the associations that we make when we think about cats. Cats are territorial animals. They are guardians of their space. They are also aloof and a part of them can never be domesticated. Culturally, there is a sexual connotation in regard to cats. Thus, in your dream you could have found that special part of yourself – the sexy, soft, and curious you (the cat within). The trouble is you insist on giving it back to an elusive owner. Your dreaming mind may be urging you to claim what is rightfully yours.

A cat will have several different meanings in your dream according to its color or the color it changes into. So, for example, to see a black cat in your dream suggests that you should trust your instincts or intuition more. If you associate black or white cats with bad luck or misfortune, then to dream of them indicates your negative mindset (see **COLORS**). If you dreamed of a cat in a cage this may be a reference to your own sense of crippled independence. Kittens represent your inner child, playfulness, and self-responsibility, so to dream about a kitten may mean that you need to take more time for yourself, have more fun, and nurture yourself and your sense of play more. According to dream lore from the Middle Ages, it was unlucky to dream about cats because of their association with witchcraft. Prior to that, however, cats were sacred to the Egyptians as custodians of the souls of the dead.

Dogs

The dog appears more often than any other animal in dreams. It represents your natural drives that, despite usually being well socialized, still have a tendency to revert back to their spontaneous or ‘wild’ state. This is particularly the case if the dog within is provoked or encouraged. Dogs can also represent those parts of yourself that you express spontaneously: your easy-flowing natural feelings; devotion, perhaps to a lover or child; fidelity and faithfulness. Like the cat, the dog can be a substitute baby for women, or represent an outlet for affection or caring. This is particularly true of dreams about puppies, which are a symbol of childlike playfulness or following someone about in a devoted way. In mythology, the dog has symbolized the guardian of the gates of death, or a messenger between the hidden and the visible worlds. The dog was also thought of as a guide or guardian of the hidden side of life.

If a dog appears in your dream, pay attention to whether it was aggressive or friendly. It is also important to consider what your waking feelings about dogs are, as this will have an influence on the interpretation of your dream. If you love dogs and you enjoyed caring for or playing with your dog in your dream, then it may be a sign that you are in need of more fun and friendship in your real life. Alternatively, because dogs are traditionally thought to be loyal, dependable, faithful friends, and protectors to humans, it may be that your unconscious was highlighting these qualities within yourself or a person you know. Perhaps you are longing to have a friend you can trust and on whom you can depend.

Dogs typically represent friends and companionship in dreams, so if you dreamed of taking out-of-control dogs for a walk with them all straining on a lead, perhaps you are finding it hard to fit into your current circle of friends; do you feel that you have little in common with them anymore? If your dog broke away from you or you dropped its lead in your dream, do you fear losing the trust or loyalty of your friends? If you are taking a dog for a walk and were holding the lead, this suggests that you might be restraining of your aggression toward a friend or someone else; if someone else is holding the lead, it may be that you are feeling attacked by someone you know. If a dog was aggressive in your dream and you fear dogs in waking life, your unconscious may have been reflecting your waking fear. If, however, you love dogs in real life, such a dream may represent a friend who is about to turn on you in waking life – perhaps they already have.

The loud barking of a dream dog can signal the animal within you trying

to break free. Perhaps you feel angry about someone or something and are close to exploding with rage; or is your bark worse than your bite? A dog barking happily shows that you are enjoying your social life. A friendly, happy dog shows that you have lots of good friends. A dog barking and snarling warns against enemies and if the dream dog is big and powerful, as well as friendly, it shows that you feel in need of a powerful protector. If a dog bit you in your dream, could this suggest an ungrateful loved one or relative who is biting the hand that feeds? Since dogs are often associated with masculine energy, if you were attacked by a dream dog, such a dream might represent feelings about a man or a relationship with a man. The black dog figures quite frequently in people's dream imagery. For some people, it represents depression; for others, death.

If a dog appears in your dream you may also want to consider if your dreaming mind is speaking in puns. Do you feel 'sick as a dog' or are you 'in the doghouse', and so on? Although interpretations will vary, bear in mind that in general a dream of dogs usually has positive association.

Ferrets

Ferrets are lively, playful, and easily tamed, but they need a lot of space. They can also inflict severe bites and emit a strong, musky smell. Although ferrets can appear very tame, they are not easy to look after as they often try to escape because, as a pet, they feel confined in the small places that we typically provide for them. To see a ferret in your dream may therefore suggest distrust and suspicion of others. The dream may also be a pun on the idea of 'searching' or 'ferreting around'. Before getting any pet, you should think very hard about whether you can provide everything it needs; this is especially true for ferrets, so if you dream of one, are you giving yourself or someone you know all the care and attention they or you need?

Goldfish

These water-dwelling creatures may represent messages from your unconscious, indicating to you how well you are navigating through your

emotional waters. They could also symbolize the nourishment of body and soul, and navigation through the unknown depths of ourselves. Generally, fish in a bowl or aquarium suggest constricting emotional conditions in which aspects of your personality are prevented from expressing themselves. They may also refer to aspects of yourself that need to be nourished emotionally. To dream of a goldfish bowl may simply suggest boredom, or a lack of privacy or confidentiality.

If the fish in your dream are goldfish, the symbolism of gold – suggestive of the most valuable aspects of yourself – cannot be ignored. Crucial to your interpretation will be the condition of the fish and your attitude toward them. Are they enjoying their safe and secure life in captivity, or are they suffering? If the latter, is it time for you to be a little more adventurous and creative in your waking life?

Hamsters/Gerbils/Guinea Pigs

Hamsters are lively and clean, and most are happy to live alone. They can take time to become tame, and, because they are nocturnal, they need to have peace and quiet during the day. If a hamster appears in your dream is it running endlessly on its wheel in frustration? If this is the case, do you feel as if your life or a particular relationship is going nowhere? If, however, the hamster seems content, the dream could depict aspects of your life that give you small comforts. As hamsters tend to enjoy solitude, could your dreaming mind be urging you to rely more on your own resources. Gerbils and guinea pigs, on the other hand, need companionship, so in dreams they could be highlighting your need for more friends in real life.

Horses

Along with cats and dogs, the horse is one of the most common animal themes in dreams, particularly among women. Like dogs, horses are domesticated animals, and so they represent urges and drives in yourself that you have learned to harness or direct. The big difference is that the horse can carry us. Tame, working or domesticated horses in dreams therefore suggest energy and the sort of enthusiasm or feelings of well-being that can help to ‘carry’ you through the day. According to Freud, horses are also symbols of the sexual drive, and the physical energy and life processes that ‘carry’ us around.

The astrological sign of Sagittarius is depicted by a half man-half horse

hybrid, so a dream of horses or horses that are half human may be referring to someone born under that sign. In myths and fairy tales, horses often speak and talking horses in dreams may represent the voice of your unconscious – a message from your inner self. In Greek myth, horses were associated with Hades and the underworld but ancient dream lore suggests that to dream of horses indicates that you will receive news from a distance. To dream of a horse being shod is thought to be extremely lucky because of the association with the horseshoe, a well-known symbol of luck.

Rabbits

Our association of rabbits with an ability to breed rapidly means that they are often symbols of sexuality in dreams. Rabbits are also soft and non-aggressive, so they might be depicting you or someone you know who is behaving as a docile victim, or being foolishly idealistic and passive. Alternatively, dreams of pet rabbits may suggest your desire to be petted or cared for; do you have a need for gentle contact and caring? The rabbit is also a symbol of sacrifice in dreams because it is so often the victim of predators; it may therefore express the hurt you might experience to the soft, vulnerable parts of your nature as you face the hard knocks of reality. If you are hunting rabbits in your dream, this suggests that you may be feeling criticized, attacked, 'hunted down', or hounded. It may also indicate a need to dominate others. If you dream of a rabbit hole, this is a symbol of self-exploration, of a going within the self into the unconscious; it might also be a symbol of returning to the womb. Are you trying to escape or avoid problems by turning within?

See also **ANIMALS**

PHEASANT

See **BIRDS**.

PHOENIX

See **BIRDS**.

PHONE/PHONE APPS

See **TELEPHONE**.

PHOTOGRAPH Photos in dreams represent some aspect of yourself that you need to be looking at, perhaps your younger self, or a part of yourself that you have grown out of but need to understand. If you are developing photos, this suggests discovering hidden talents or abilities. If you are looking at family photos or an album, this refers to an appreciation of past influences in your life. If the photo is of yourself, this suggests you need to take an objective look at yourself, especially if you are given the photo in your dream. You need to stand back and see clearly. If the photo is of someone you know, perhaps you need to look at that person's qualities and make use of those qualities yourself. If the photos in your dreams come to life, this indicates your continuing involvement in what the picture depicts, or that the past as a whole is still influencing you.

If you are taking a photograph, this suggests that you need to remember or take notice of something. If you are using a camera in your dreams, this might suggest that you need to remember what is important in your life and perhaps take more notice of certain situations or people. You may have noticed something out of the 'corner of your eye', but not yet have processed it into waking consciousness. If you are being filmed or having your picture taken, you need to take a careful look at your thoughts and responses to certain situations.

If the photographs are not familiar to you, your dream may have been signifying an aspect of yourself or your sense of direction in waking life. Was the photo clear or out of focus? This may signify how certain or uncertain you are of your attitudes. If you were taking the photograph, this suggests that you feel in control of your daily life. If you were studying a negative or are in a photographic darkroom, this suggests negativity in your daily life but you may also simply be waiting to see what will develop. If the photos come to life, this suggests the living influence of past experience and your continuing involvement in what the picture depicts. Talking photos suggests that you need to remember or take notice of someone or something in your waking life.

PIANO In dreams, pianos, piano players, and piano playing are symbols of your own creativity. To be a great piano player you need to learn and practice, and the same applies to using your creativity. Pay attention to the piece you are playing. Is it one you have composed, or is it by someone else? Often in life we need to be creative with someone else's work. Is it time for you to create something of your own?

PICNIC
See **PARK**.

PICTURE Pictures in dreams often represent situations in our lives, or a view we have about something or someone. The subject matter will suggest what we should be looking at in our lives. The condition of the picture will be significant, as will the colors. If the picture isn't clear, are you seeing things clearly in your life?
See also **PAINTING**, **PHOTOGRAPH**.

PIE
See **FOOD**.

PIG
See **ANIMALS**.

PIGEON
See **BIRDS**.

PILL
See **MEDICINE**.

PILLOW A symbol of comfort; the desire to rely on or be close to someone. If you are hugging your pillow in your dream, you may feel as if

you are all alone in your waking life.

PIN If you dream that you are pricked by a pin, this signifies a difficult situation or relationship. You may be feeling anxious or feeling the need to hold together a particular relationship. Consider the pun of someone who may be a 'prick'. Alternatively, to see pins in your dream may suggest you are feeling stifled or trapped, as indicated by the phrase 'being pinned down'. If a pincushion appears in your dream, this can indicate stinging or hurtful comments in waking life. You may be feeling manipulated or attacked in waking life, or perhaps you are being hurtful to someone else.

PINK

See **COLORS**.

PIRATE If a pirate features in your dream, he may be echoing a sense of someone else having taken something or someone that is important to you; he might also be a symbol of a person or dilemma that may be compromising the emotional aspect of your life, or a violation of your creative decisions or integrity may be occurring within your waking life. Sometimes a pirate is a symbol for freedom and breaking the rules. You may have to consider taking a risk or engaging in some sort of adventure when this character appears to you in a dream.

PIT If you lose your balance in your dream and fall into a large pit or hole, are you on the verge of 'putting your foot in it' or making a huge blunder, as in being 'wrong footed' in real life?
See also **CONFINEMENT**, **UNDERGROUND**.

PIZZA

See **FOOD**.

PLACES Whatever happens in your dream, the place or setting in which the action takes place will be extremely significant to the interpretation. When interpreting your dreamscape, bear in mind that the setting is often a vivid clue about the topic of your dream and a metaphor for a real-life situation you may be dealing with, whether external, such as relationship demands or internal, such as an inner conflict. Jung paid close attention to the details of landscape and setting in his work on dream analysis, looking for clues to the emotional condition of his patients. For example, a sunny scene might indicate optimism and a gray landscape a gloomy view on life. He believed that the purpose of dreamscapes is to mirror feelings and concepts concerning inner development.

In short, landscapes and settings in dreams refer to the feelings you have about yourself and your life, and however meaningful the other symbols in your dream may be, they only really make sense if interpreted within their context.

See also **BUILDING, LANDSCAPE.**

PLANE CRASH Dreams of plane crashes are typically provoked by worries about over-extending yourself, such as a project or business collapsing, or not being able to pay bills. It is likely that you may be afraid of failing in some other way, especially if you are about to take an exam or test, or have set yourself an unrealistic task or objective. Have you been flying too high?

PLANTS Plants are symbols of the power of nature and in the words of Jung are 'regarded with awe and contemplated with philosophical wonderment'. Dreams that feature plants can send powerful messages. Plants embody the life force in dreams are represent the union of earth, water, and heaven. Ancient peoples thought that each species of plant had specific qualities and this ancestral lore has produced symbolism and interpretation that is still used in dream analysis today. Plants, in particular herbs have many ancient associations. Climbing plants and honeysuckle symbolize ambition; ground elder suggests powerful ambition. Although deadly nightshade is no longer considered a murder weapon its association with death is still strong. Is there someone that you harbor strong feelings against? Thistles and brambles are prickly symbols that hint at antagonism on your

own part or on the part of others. Soil: In dreams soil relates to basic character traits; the ground that you can build on. Weeds: In dreams weeds depict lies and falsehoods.
See also **FLOWERS, TREES.**

PLATINUM
See **METAL**.

PLAY Typically, plays in dreams are images of yourself and your life projected by your unconscious. They represent an aspect of your past or your character that you are repressing in waking life or, depending on the play, particular moods or feelings. Alternatively, such dreams can suggest a desire to escape from the pressures of everyday life. If the play is a tragedy, is the routine and repetition of your life restricting your creativity? If the play is a comedy, do you need to lighten up a little in waking life? If what you are watching is a pantomime, has the time come to stop fooling about and get serious about something or someone in waking life?

PLAYGROUND
See **CHILD, SCHOOL**.

PLUMBER
See **WORK**.

PODCAST
See **TELEVISION**.

POET/POETRY
See **ARCHETYPES, BOOKS**.

POISON A dream of poison – either poisoning someone or being poisoned yourself – may refer to some underhand action we are taking or which is being taken against us. Look for clues in the dream. Who or what is being poisoned? Is someone you know in waking life poisoning your attitude unbeknownst to you? What is the color of the poison? Are you poisoning

yourself in some way?

POLICE

See WORK.

POLICE CAR

See VEHICLES.

POLICE OFFICER

See WORK.

POLITICS/POLITICIANS/POLITICAL ISSUES

Dreams are typically about personal issues and dynamics and whenever politics, politicians, or political themes appear in them, more often than not this refers to power struggles within ourselves or our own lives.

Dreams featuring politicians or political issues are becoming more common. This is not surprising given the amount of divisive political information overload we now seem to experience daily. The clue to interpreting politically themed dream images will lie in your opinion of the politician or political topic. If it is a person or an issue you feel favorably about, this suggests that you are making personal gains and overcoming negative emotions. If, however, you dream about a figure or a cause that you are strongly opposed to, this can suggest internal strife and the need for you to sort things out or get your story straight.

In general, when politicians appear in dreams – even ones you admire – there is often an underlying theme of manipulation and of not being entirely true to yourself and others. It could also suggest that you need to work harder to influence or persuade others to your point of view or to support you in some way. Politicians in dreams also signify the need to commit to an opinion or direction in your waking life. It is time for you to decide what your values are and the direction you want your life to take. Similarly, if you

dream of a political party this is a sign that you need to stand up for yourself and your beliefs, even if you face criticism along the way.

Dreaming about a specific politician encourages you to form a clear opinion about what that person stands or stood for. Do your research about them in your waking life to see if you can determine why your dreaming mind selected them for you to review. What is it about him or her that you admire or dislike? What aspects of them do you see within yourself or need to come to terms with?

Apply the same personal diagnosis to any politician, past or present, who appears in your dream. What feelings do these political figureheads inspire in you? What can their personalities, politics, and approach teach you and what do you need to deal with or learn about yourself? Remember, dream politicians are always calling your attention to the need to defend and promote the values you believe in. The main skill of a politician is to persuade; perhaps you need to think of ways to better get your point of view across.

Dreaming about elections or standing for election suggest power and freedom of choice in your life. You need to make an important decision and should investigate all the pros and cons before deciding. You may feel conflicted, but you need to say or do what you feel is right for you. Election dreams are also about group dynamics and whether you can follow the rules or agreements of a group you belong to. How you feel or act in your dream will help you discover the answer.

If you are voting in your dream, this indicates a decision you have made or are making that you are unlikely to change your mind about. If you dream of running for office yourself – or even winning an election and becoming a politician, president, or prime minister – this is generally a sign of success and popularity. It also suggests that you need to get lots of people to agree with your point of view or to follow your example before you can successfully move forward. In other words, you need to learn how to win friends and influence people.

Dreaming about current political talking points or attending political meetings, rallies or alliances refers to the way you are operating in your waking life. The key to interpretation again lies in your attitude toward the political issue you are dreaming about. How are these attitudes manifesting in your personal life? Are you working well in a team or do you want to do your own thing? Is your personal interest or the greater good your main concern?

Dreams always express and help you understand your own internal politics – what is happening within you – and political symbols are used to encourage you to find inner peace. Not doing anything is worse than taking action. You need to make a stand and vote for the kind of person you want to be. If recurring dreams about politics and politicians occur, your dreaming mind is signaling the need for you to move from talking and planning to actually taking action.

Interestingly, there is some preliminary research to suggest that there may be a relationship between your political persuasion and your dreams. It seems that the more liberal and global your views, the more likely you are to recall and have vivid dreams compared with people who are more conservative and realistic in their thinking. According to this research (which has its detractors) it seems that liberals are more likely to be interested in the meaning of their dreams and more willing to discuss and take them seriously, whereas conservatives are more likely not to recall their dreams or to dismiss them as trivial or meaningless. This is in line with other research that suggests a greater openness to experience and an imaginative approach to life are associated with better dream recall.

Whether or not you consider being more open to new ideas in your waking life as a positive or a negative thing is down to personal opinion. But as far as recalling your dreams and interpreting the fascinating messages they send you are concerned, being open minded and imaginative is highly recommended.

POLLEN Pollen indicates elements in your life that enhance positive aspects, although it can also be associated with irritation for hay fever sufferers

POLLUTION

See **MAN-MADE DISASTER**.

POND This symbol suggests hidden depths but if the pond is stagnant it can suggest not moving forward with your life or potential not being realized.
See also **RIVER**.

POOL

See **WATER**.

POPE A powerful symbol representing the archetypal wise old man.

POPPY

See **FLOWERS**.

PORNOGRAPHY

See **SEX**.

POSITIONS It is worthwhile to pay attention to the position you assume within the setting of your dream, as this can give you an indication of your stance or moral position in life or toward a certain situation. It can also give an indication as to how you are handling situations in your life. If you are standing in a lofty position relative to other people or the landscape in your dream, this suggests the need for a wider perspective; it can also suggest feelings of superiority, or of having risen above your station. If you are adjacent, beside, or adjoining someone or something in your dream, this suggests a close connection with some aspect of yourself or your life; it can also suggest something you can no longer avoid. Things that fall behind you in a dream represent what you have left behind or of which you are unaware. Things that are below you represent that which you can look on from a detached viewpoint. Alternatively, submissive behavior may be suggested. If someone or something is positioned very close to you in your dream, this indicates a situation that is imminent, near at hand, or being realized now.

Things that appear in the distance refer to feelings with which you no longer strongly identify, but they may also indicate the future or the past. Things in front of you refer to what is being dealt with now in your waking life. Things that are opposite you represent resistance to the direction you want to take or the need to reconcile opposites in some way. Things by your side suggest supportive feelings or taking sides in some way. Something in the wrong position in a dream may indicate that you are going about things in the wrong way. The upper part of anything (of a building or a body, for instance) typically refers to your intellect and ideals, whereas the lower part of anything refers to the unconscious. Something upside down signals the need for change. Rejection or acceptance can be seen in a dream as viewing

the back or front of something and backward or forward motion indicates delays or progress and whether or not you have a forward- or backward-looking approach to life. To be aware of the center of something in your dream is to be aware of your real self. Horizontal things symbolize the material world, vertical things symbolize the spiritual or intuitive realm, while straight things suggests a direct approach.

To be on top, trying to reach the top or being on an upper level might suggest you are assuming control and are capable of achieving the upper hand in waking life. Going down or being underneath something may represent the part of you that wants to hide or feels less confident. Going north in your dream suggests a journey into the unknown; going south is representative of passion and following your heart; going east suggests rebirth and becoming self-aware, while going west suggests the more logical side of your nature. Anything observed in dreams on the right-hand side usually represents your progress in waking life, as the right-hand side represents logic and correct behavior. Movement to the right can indicate that something is coming into consciousness; it can also express more masculine attributes such as dominance. The left-hand side is less to do with dominance or reason, and more to do with instinctive behavior and dreams, as the left-hand side expresses feminine attributes. Indecision over whether to go left or right in a dream suggests an inability to decide if you want to follow your obligations or your instincts in real life.

See also **BODY.**

POSITIVE SIGNS In China and Tibet, dreams that are a sign of good fortune are called ‘auspicious dreams’. These may include dreams of holy or famous people, a clear lake, a spotlessly white cloth, climbing a mountain or fruit-laden tree, or receiving good food and gifts. Tibetans believe that dreams occurring before midnight are benign and usually forgotten. If a dream comes just before dawn between about three or four o’clock in the morning – when the mind is vivid and clear – it is especially important. Always bear in mind when trying to pinpoint auspicious symbols in dreams for the purposes of interpretation that the meaning of symbols can vary from culture to culture; what is auspicious in one country might be considered to be a sign of misfortune in another. Good luck superstitions have been around for centuries and vary from culture to culture. Here are some of the most common – their appearance in your dream can, depending on the context and

mood of the dream, be a positive sign: Fingers crossed. Touching wood. Sneezing three times before breakfast. Meeting three sheep. Looking at the new moon over your right shoulder. A four-leafed clover. Spilling wine while proposing a toast. Putting a dress on inside-out. Nine peas in a pod. Hearing crickets singing. Picking up a pin. Dropping a glove. A horseshoe. Peacock feathers. Cutting your hair during a storm. Sleeping facing south. White heather. Picking up a pencil in the street. Breaking clear and uncolored glass. Walking in the rain. Sleeping on unironed sheets. Avoiding cracks in the sidewalk. An itch on the top of your head. Scissors hanging on a hook. A ladybug on you. Carrying an acorn on your person. Picking up a piece of coal that has fallen in your path. Black cat. To have your clothes caught by a bush or briar when out walking. A new moon. Meeting the same person twice when out on business. Dolphins swimming near a ship. Setting out to play golf on a rainy day. A rabbit's foot. Seeing a penny, picking it up.

If your dreaming mind depicted you engaged in positive activities such as beginning a new health regime or hobby you love, losing weight, cutting out smoking and alcohol, spring-cleaning, sorting out your closet, volunteering for charity work, washing your car, mowing the lawn, picking up litter, or holding a door open for the person behind you, the message may be that you need to undertake similar actions in your waking life. If you cannot draw a parallel between your dream and your waking life, ask yourself which positive actions you need to take in your life. Has your general outlook on life become cynical and jaded; is it time to freshen your attitudes up in some way?

POSTAL WORKER A dream mailman who passes you by without giving you a letter may indicate feelings of disappointment. If you run after the mailman, this suggests that you are determined to create your own luck and if you see yourself as a mailman, perhaps you feel that you deserve to be given more responsibility. If you regard people who deliver mail as impartial go-betweens, the image of a postal worker may be linked for you with a person in waking life, perhaps yourself, who is acting as an intermediary. If you dreamed that the postal worker was someone you know, such as your father, who handed you a letter in your sister's handwriting, perhaps your dream is reflecting real life with your father playing the role of mediator between you and your sister.

POSTCARD Because of their indiscreet and fun nature, dreaming of postcards may suggest that you need to be more open with those around you.

POST OFFICE To dream that you are in a post office signifies an important message from your unconscious or inner wisdom. It may relate to your need to reach out and communicate with others. You may be trying to maintain your beliefs or make contact with someone from your past.

POT

See **COOKING**.

POTATO

See **FOOD**.

POTTERY If you are a creative person, a dream about making a pot may refer to another aspect of your life that is just as important as your creative work. If you are not creative, such a dream may suggest the need to find ways to express your creativity in waking life. Try to recall every detail of what you are making. To see, or work with, clay in your dream represents the ability to change or shape your mind. Alternatively, it indicates your need to set some goals and plans for yourself. You have some growing-up to do and need to plan for the future. According to Freudian interpretation, clay symbolizes feces. But to see a clay pot in your dream signifies devotion, healing, virtue, or purity.

POVERTY

See **MONEY**.

PRAYER

See **RELIGIOUS CEREMONIES**.

PREGNANCY If you dream that you are pregnant, or hoping to be, this is an example of wish-fulfillment. It may also indicate a fear of getting pregnant or anxieties about pregnancy and giving birth. Pay attention to your reaction to pregnancy dreams. Were you overjoyed, horrified, terrified? If you were

terrified, it could be that you are worried you may have got pregnant by accident and your unconscious is urging you to be more careful in waking life. Men who dream of being pregnant may also be giving unconscious expression to their apprehension about becoming a new father. If you are a woman, a dream about being close to birth may again be wish-fulfillment. Many expectant mothers claim to have had dreams about their unborn baby as it develops in this womb, and this could be an unconscious method of bonding. On the other hand, your unconscious may be presenting you with an unborn baby scenario to give you the opportunity to experience or role-play how you might feel if you were in that situation.

There is, however, an entirely different interpretation for pregnancy dreams that is especially pertinent if you are not pregnant, or hoping to be, or if you are a man. Pregnancy dreams if you are not pregnant suggest a yearning for unconditional love and acceptance. They can also indicate a period of necessary waiting before the completion of a project. A new area of your personality or potential is developing or 'hatching'; the seeds of a new concept are sprouting. If you are currently mulling over a new project or idea, pay attention to the details in your dream as they can reflect your feelings of confidence or anxiety about how well your idea is developing. Were you plagued with morning sickness or did you sail through your pregnancy without a setback?

If you felt sick and uncomfortable in your dream, this may reflect your waking anxieties, whereas if you glowed through your pregnancy, this may reflect your growing confidence. If you dream that someone else is pregnant, this can suggest an aspect of yourself that is ready to develop new skills. If a woman dreams about a man being pregnant, this suggests her desire for a man to take more responsibility in waking life. If a man dreams he is pregnant, this suggests the discovery of new talents or potential within.

PRESIDENT

See **KING**.

PRIEST/PRIESTESS Priests, rabbis, popes, cardinals, priestesses, lamas, gurus, yogis, Jedi knights, monks, mullahs, nuns, and curates are all symbols of spiritual authority in dreams and in some cases they represent your own spiritual wisdom. The key to interpreting their appearance in a

dream is the message or feeling they convey to you. If you were uneasy because the message was an unwelcome reminder of a duty you have neglected your dreaming mind is urging you to take positive action that will transform your spiritual wellbeing. Such figures may also stand for parental disapproval or advice; perhaps you are yearning for some moral certainties and direction in your waking life. According to ancient dream lore any dream concerning a priest is a fortunate one. In particular it means the end of a quarrel.
See **RELIGION**.

PRIME MINISTER
See **KING**.

PRINCE/PRINCESS
See **ARCHETYPES, ROYALTY**.

PRISON Prisons can stand for a set of beliefs that limit the dreamer's personal development. The dream may help us escape this limitation by forcing us to confront them and examine what triggered them. If you find yourself bundled into prison in your dream, perhaps with the clang of heavy gates swinging shut in your ears, this may be drawing a parallel with your sense of confinement in waking life. So, if you have any kind of dream about prisons or being jailed, ask yourself who or what is restricting your freedom in waking life. Do you feel suffocated emotionally by your partner or parents, or do you feel trapped in a dead-end job? Or has your own shyness locked you into a self-made prison in the waking world?
See also **CONFINEMENT, ESCAPE.**

PRIZE If you dream of receiving trophies and other prizes, the chances are you are yearning to be recognized and praised for your efforts in waking life. Again the type of prize will give you an idea of the area of endeavor in which you feel you should be rewarded. For example, to be honored with the Nobel Peace Prize could refer to your peace-making skills when a feud was about to erupt at work, but no one thanked you for your efforts.

PROBLEM Any problem, obstacle, or irritation you face in a dream, such as being unable to find a pen when you need one, lightbulbs suddenly going out, being unable to pick something up, trying and failing to start a car, or put up a deckchair or assemble a pushchair can suggest a problem in waking life that you are finding difficult to resolve. Your dreaming mind has thousands upon thousands of symbolic disguises to draw upon, so whenever things don't go smoothly in dreams, the chances are this indicates situations in waking life that you are struggling to resolve.

PROSTITUTE

See **ARCHETYPE, SEX, SHADOW**.

PSYCHOLOGIST/PSYCHIATRIST

See **WORK**.

PUDDLES

See **EXCREMENT, LAKE**.

PUNISHMENT Your dreaming mind may from time to time inflict punishment on you for thoughts and actions of which your waking self disapproves. In most cases, the dream symbols will be disproportionate to the 'crime'. For example, if you have spoken thoughtlessly about a friend, you may find yourself being executed as you have murdered your friend's good name. Your dreams may also reflect your belief that someone else deserves to be punished and the criminal being caught in your dream may be some one else, not you.

An angry mob can suggest aspects of your own personality, as well as public opinion. If you dream of being lynched, ask yourself whether you have been behaving appropriately in waking life. Whatever the instrument of punishment or torture in your dreams, be it the gallows, cane, guillotine,

gibbet, or birch, you need to identify who is being punished and why they are being punished. Bear in mind, too, that the inflicting of punishment, especially if it is a beating, may reflect a tendency toward masochism. Those dream interpreters that draw on Jung's theory that nightmares are concerned with the shadow consider scary dreams to be a form of self-punishment for the cravings and desires you suppress during the day.

If you dream that you are back at school and forced to stay after a lesson in detention because you have not worked or listened properly, this may suggest that you are not absorbing information or paying significant attention to something important in your waking life. The ultimate image of punishment in dreams is hell, so if you dream of being condemned to hell, suffering eternal torment, or are damned forever, this may be a reference to a mistake you have made in waking life, or something you have said or done and the force with which you are rebuking or warning yourself.

PUPPET If you were interested in or involved with a puppet show in your dream, this may be a warning that somebody is trying to manipulate you in waking life and pull your strings. Swings are an image of childhood freedom and may have a similar interpretation to dreams of flying. If you are using the Freudian interpretation of swings as images of sexual intercourse, the person or thing who is pushing the swing in your dream will be significant. Dreams of playing on a seesaw have the same sexual associations.

PURPLE

See **COLORS**.

PURSE A wallet, purse, or pocketbook containing personal items may relate to your private world, the kind of person you are and your interests. If you dream of an expensive designer purse or bag, you may feel a need to have a more glamorous image. A worn purse may symbolize feelings of being worn out and shabby. Do you need to brighten up your identity so that you look and feel brighter? Your dream wallet may symbolize your private thoughts and desires, hidden from public view. Is your wallet full or empty? Are you worried that someone has got too close to you or on the contrary are you seeking greater intimacy?

See also **BRIEFCASE**.

PURSUIT

See CHASE.

PUSH To dream that you are pushing something or someone suggests energy and drive to succeed in life. Consider also how you, or someone you know in waking life, may be a ‘pushover’. To dream you are being pushed signifies that you are under some sort of pressure or feel coerced into doing something. Alternatively, it implies that you feel you don’t have enough time to complete a task properly.

PUZZLE If you dream of trying but failing to complete a puzzle or crossword, this suggests an intellectual approach to problems in your waking life. Such dreams may be urging you to allow emotion to play a greater part in your decision making. On the other hand, if you complete the puzzle or crossword and are satisfied with the result, your dreaming mind may be suggesting that you should use an intellectual rather than an emotional approach to solving your problems. Dreaming of being unable to find a word in a thesaurus or dictionary may be suggesting that you should listen to your instincts or your emotions. If you find the word you are looking for, however, this may suggest that you should adopt a more objective approach.

If you are puzzled by a mathematical equation or can’t understand someone who is speaking another language in your dream, this suggests an inability to understand a certain person or situation in your waking life. How you reacted in your dream may help you find a new approach to the situation. If a code that is hard to understand or decipher appears in your dream and you are the one who found it, this suggests some problem or person or aspect of your personality that is puzzling you. If you awoke from a dream with a riddle running through your mind, are you feeling confounded by someone or something in your waking life? Your dream may have contained clues to both the meaning of your dream and a real-life riddle, but if it continued to mystify you perhaps you need to use an intuitive, rather than an intellectual, approach to solving problems in your waking life.

In Greek mythology, the Sphinx posed the famous question to Oedipus: ‘What goes on four feet, two feet and then three, but the more feet it goes on the weaker it will be?’ Oedipus replied ‘man’: it is man who crawls as a baby, walks as a man, and then uses a cane in old age. Oedipus’ answer shows the

importance of using your gut instinct or intuition rather than a rational, logical approach to seemingly impossible questions. The same applies for any dream situation which leaves you flummoxed. Your dreaming mind may be urging you to use the powers of your intuition and to channel your instincts into that place where the answer lies.

PYRAMID The pyramid is said to be the focus of spiritual energy, so if it appears in your dream your unconscious is drawing your attention to your power within or to experiences in the past that you have lived through.

PYTHON

See **REPTILES**.

Q
Q

QUAGMIRE

To see yourself bogged down in a quagmire signifies your inability to meet obligations and your feeling that you are stuck in a boring routine. To see others bogged down in a quagmire denotes that you are being affected by the moods of others. To see a swamp in your dream symbolizes aspects of yourself that are repressed and dark; it also represents feelings that undermine your confidence and well-being. Perhaps you feel overwhelmed by a feeling or an emotion.

QUARREL A symbol of conflict within yourself, with others or with an external situation.

See also **PEOPLE.**

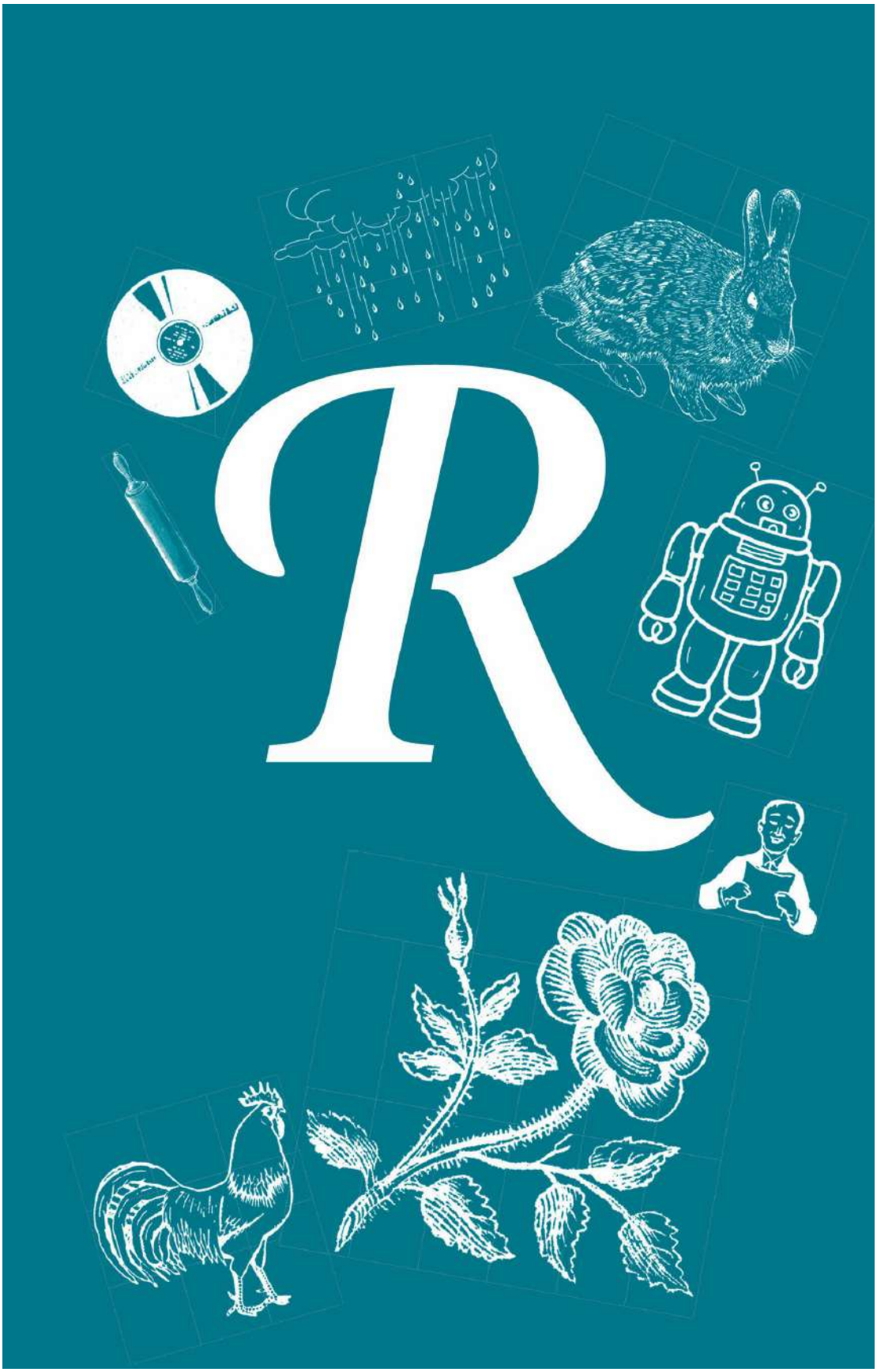
QUARRY Dreaming of a quarry means that you are digging out aspects of your personality that may have been buried. If you are seeking a quarry, this suggests that you know what you need in real life but you still need to find it.

QUEEN

See **ARCHETYPES, KING, ROYALTY**.

QUICKSAND Any dream that focuses on sand may have been highlighting the sands of time, which may be running out for you in certain aspects of your waking life. Quicksand, like bogs and swamps, reveals the uncertainties that can be found in even a seemingly firm reality. If you are

seeking out an oasis in your dream, it may represent the inner fears and insecurities that you may have to deal with. When you are resting at an oasis, positive future business and monetary ventures may be around the corner, although it might simply be a sign that you are in need of a vacation.
See **DEAD END**.


R

RABBIT

See ANIMALS, PETS.

RACE If you dreamed of racing against rivals or the clock to achieve personal, national, or Olympic records, your dream probably relates to your career, as work is often called the ‘rat race’. The clock represents the pressure you feel you are under and the level of attainment you hope to achieve. The other people in the race represent competition or threats to your chances of winning the prize money, admiration, or status. If you fly ahead of the competition, you may feel as if you are ahead in waking life, but if you are just keeping pace, this could suggest that you are coping but could easily fall behind. If you’re struggling to keep up, you may not be making the grade in real life. If you know who your dream rivals are, their position in the race will tell you how you think you compare with them. If you aren’t working, racing dreams could suggest a long, hard struggle for success in love and life. If you win the race, this signifies that your potential will be recognized; but an overzealous will to win may reveal a needy desire for others to acknowledge that potential. On the other hand, if you lose the race, especially if you get pipped at the post, this signifies the frustration of understanding the limits of your potential. It can also suggest that lack of confidence is thwarting your progress.

Hurdles

In your dreams hurdles represent the obstacles that hinder your progress. Did they knock you over, or did you knock them over? Did you navigate your way successfully over them without touching them?

Marathon

If your race was a marathon, this indicates that work or life has become an exhausting slog. If you win the marathon, this suggests you have the

confidence to achieve your aims, but if you fail to finish, this suggests that insecurities in waking life are holding you back.

Relay
In the relay race of your life, were you successful at passing the baton or did you fumble things and ruin your team's chances?

RADIO
See **MEDIA**, **TELEVISION**.

RAFT A rudderless, drifting raft or boat suggests loss of direction, but some believe that sometimes not knowing where you are going can be a way of discovering your true self. A raft is an image of survival and, in some ways, this image suggests the ability to ride out the sea of troubles rather than be overwhelmed.

RAILROAD/STATION A symbol of change or the need to get on the right track in your life's journey.
See also **TRAIN**, **TRAVEL**.

RAIN If you are caught in a rain shower or storm in your dream, the key to the interpretation will be your reaction. Did you feel miserable or elated? If the former, it is possible that an outpouring of emotion – your own or that of someone you know – is raining down on you in real life. The dream might also signify emotional release or the desire to feel love again. Rain does often have positive liberating associations in dreams, but if the descending water takes the form of hail, the message is negative as it may suggest that you are about to become the victim of stinging verbal abuse. Hail has similar associations to rain, but is much colder and harsher. A mere spot of drizzle or a brief shower would suggest a situation that is less serious. If you are drenched by rain in your dream, this may be suggesting that you tend to overreact and be guided by your emotions in waking life. If, however, you were shielded by an umbrella, this may suggest that you are protecting yourself from your emotions.

In the Bible, the flood is a symbol of preparation for a new way of life or a fresh start. This meaning fits well with both Freud's association between

water and the womb, and Jung's symbolism of the flood or deluge as both deadly and life giving. As a mother image, a flood submerging you or a house could suggest an intense relationship with your mother or another dominant female figure in your life; it may also suggest that you are feeling overwhelmed by life's pressures.

RAINBOW If a rainbow appears in your dream, this is without doubt a message of hope from your unconscious. For Jungians, the rainbow is a symbol of redemption and personal growth. The rainbow represents the enlightened mind that is a bridge between heaven and earth, and this dream image can fill you with optimism about the possibilities ahead. The rainbow is also celebrated in many religions and cultures; you may be unconsciously or consciously aware of some of its associations. For example, in Chinese, African, and Norse belief, the rainbow links the earth with the divine. In ancient Greece it was said to represent Hermes, the messenger of the gods. Buddhists and Hindus regard the rainbow as a symbol of transcendence and according to Celtic religion, a pot of gold lies at its foot. The Judeo-Christian tradition tells that God placed a rainbow in the sky as a symbol of deliverance and as His covenant with humankind. So if a rainbow appears in your dream, did it suggest spiritual or material gain, reconciliation, peace, or inspiration? Or did it simply indicate that one day your dreams will come true.

RAINCOAT

See **CLOTHES**.

RAM

See **ANIMALS**.

RAPE A dream of rape can be incredibly disturbing and you are unlikely to want to dwell on it, but it might be worth your while to ask yourself why your dreaming mind would put you through such an ordeal. If you have been a victim of sexual violence, then your dream may have been trying to resolve

your feelings about the trauma. If this isn't the case, however, your dream may have been warning you about a predatory person in your life or warning you about someone in your life who is forcing you to do something against your will.

Whether you are raped by a person of the same or the opposite sex in your dream, the images reinforce your feelings of powerlessness and shame at having to bend to (non-sexual) demands in waking life. Your dreaming mind may have sent you this shocking image to encourage you to assert yourself and fight back. If you are raping someone else in your dream, this expresses your desire to humiliate or put someone in their place in waking life. If you witnessed someone else being raped in your dream but could not or would not prevent it, the message is again one of powerlessness and your feelings of frustration at being unable to right a wrong in waking life, or protect someone who is vulnerable.

See also **BAD DEEDS**, **SEX**.

RASH

See **BLISTER**.

RAT

See **ANIMALS**.

RAVEN

See **BIRDS**.

RAZOR Dreams about razors could suggest that you should get rid of some unattractive characteristic in your waking life. Alternatively, it can also suggest the need for a fresh, clean start.

READING This relates to the gathering or recalling of knowledge or information; the key is to recall what was read. Books in dreams tend to relate to things you have learned from experience. They can also reflect the world of imagination and escape. Alternatively, they can relate to your ability to learn from the opinions and experience of others. Dreams about writing pertain to a desire to express inner thoughts, ideas, or sensitivities. If you suffer from writer's block, this may point to confusion and an absence of

inspiration.

RECORD
See **DISC**.

RECYCLING
See **CLIMATE CHANGE**.

RED
See **COLORS**.

REDUNDANCY Dreams in which you are fired from your job, dismissed by your employer, or refused work may reflect insecurities about the regard in which you are held by the people with whom you work. On the other hand, your dream may reflect your sense of redundancy in another area of your life. Perhaps your children have grown up and you don't feel needed as a parent anymore. If your position at work is uncertain in your waking life, your dreaming mind may also be preparing you for the inevitable and highlighting the importance of being prepared. If you did actually lose your job and your dreaming mind keeps reminding you of your sense of rejection, then you need to work through your feelings and move forward with your life.

REINDEER
See **ANIMALS**.

REJECTION To dream that you are rejecting something indicates that there are feelings, ideas, people, or situations in your waking life with which you feel you cannot cope or want to be rid of. Your dream may be suggesting that there is a great deal of clutter in your life that you need to reject or dispose of; this clutter can be old habits, worn-out opinions, or old objects and clothes. Does your self-image or your wardrobe – or both – need a

makeover? Alternatively, you may be refusing to accept a situation that is being imposed and forced upon you.

To dream that you are being rejected signifies a lack of self-belief. If you dreamed of your partner leaving you, this reflects feelings of insecurity about the strength and consistency of their affection for you in real life. If you do the leaving, however, your unconscious is alerting you to negative emotions that person arouses in you. It may be, however, that your dreaming self rejected your shadow; a quality within yourself you dislike. If you dream of losing a treasured object, item of jewelry, or even a pet or childhood toy you value highly, it may be a warning that someone or something in your waking life is draining you. This may be something within yourself – perhaps your possessive nature – but it may also be referring to your talents, and whether or not you are making enough use of them.

RELATIONSHIPS Most dreams depict human relationships in one way or another, but some can highlight intimate relationships with a lover or partner. Dreams with romantic themes are attempts to answer your questions about relationships and the nature of love. As your dreaming mind searches for answers, it will review your past and present relationships, and try out other people or even celebrities as lovers or partners in order to give you a glimpse of how different your life could be. Such dreams are significant because they can reveal things about your relationship of which you may be unaware in waking life. Because of this, they can be extremely enlightening. Some dream analysts will interpret dreams about relationships as examples of wish-fulfillment or as opportunities to get intimate with people you cannot be close to in waking life. Although this may be true in some cases – we all share the universal longing to be loved – it may not apply to all such dreams. The dreaming mind can use relationship symbols for many different associations.

Adultery

Dreams in which you or your partner have an affair with someone else may reflect your feelings about adultery and betrayal but may also suggest that you are feeling insecure or lonely in your current relationship. Perhaps you suspect that your partner is cheating on you in real life; your unconscious may be showing you the worst-case scenario in an attempt to prepare you for the possibility of betrayal. Alternatively, if you are the one having an affair,

this may simply be a way of once again experiencing the intoxicating high of falling in love, and sharing passion and sexual pleasure. Your dreaming mind may be highlighting your need for more intimacy and togetherness in your current relationship. Your feelings in the dream will give you an important clue. If you feel exhilarated, this suggests that you need to spice up your sex life with your partner, but if you felt guilty it may be warning you of the consequences of having an affair in waking life. You should also ask yourself if you have been faithful to your partner in thought and deed, as unkind thoughts and words might be seen as betrayals by other names. Another interpretation suggests that such dreams indicate that you are being unfaithful, not to another person, but to an idea or principle in waking life; perhaps you have stolen someone else's idea?

Bigamy dreams in which you or your partner have more than one lover can suggest a desire for more variety in your sex life but they can also suggest that you are trying to cope with too many ideas and activities at once. Wife-swapping dreams in which married couples swap partners for sexual gratification may reflect a longing for another partner or a desire to spice up your sex life. If the dream involves a couple you know, think about whether you are attracted to either partner or whether there is something about their relationship or their lifestyle that you admire or envy.

Courtship

Jung identified the archetypal male and female aspects of the psyche and called them the 'anima' and 'animus'. These form a part of what he termed the 'collective unconscious' and play an important role in both forming your view of the opposite sex during sleep and in how you choose your partner in waking life. For example, a woman dreaming of her idealized version of a man is reflecting the masculine part of her psyche, the animus. The anima is the embodiment of the feminine parts of a man's psyche. If you dream that you have a sweetheart, this may represent your perfect match, prompted by the animus in women or the anima in men.

A dream in which you are in love is generally a sign of reciprocated affection or the desire for it. If the object of your affection is your partner already, this is a positive sign for the relationship but only if your partner looks contented; if they look ill at ease, the signs are less positive. If you are in a relationship and you dream of falling in love with someone else, this could be a sign that you are attracted to that person in waking life. If this isn't

the case, try to figure out what qualities that person represents and how you can incorporate them into your current relationship. If you dream of having rivals for the affection of your sweetheart, this could be a sign of jealousy or indecision on your part.

If you dream of your current boyfriend or girlfriend, then this is a symbol of your emotional attachment to them. If you dream of an ex-lover, this does not mean that you are still in love with them; your dream is simply revisiting feelings or hopes connected with them. Your ex-lover becomes a symbol for all the hopes for love that may not currently be satisfied. In dreams, lovers may be your waking partner or your ideal wish-fulfillment partner; whoever they are, they may be compensating for a waking situation that is unsatisfactory. If you are single and dream about a future husband or wife, this should not be interpreted literally; such a dream may be expressing some other hope for the future.

Divorce/Separation

Dreams that involve divorce or separation from your partner in some way may be expression of anger toward your current partner. Such dreams may also represent some kind of emotional breakdown or lack of communication in the relationship. If you have a dream in which your partner demands a divorce, you may be feeling concerned about the robustness of your marriage. On the other hand, your unconscious may be traumatizing you with such a dream to remind you of how lucky you are to have such a wife or husband, thereby warning you not to take them for granted.

If it is you who is asking for the divorce in your dream, ask yourself if you are longing to escape from your marriage. If you do have dreams which feature divorce, they can be extremely unsettling, especially if you are in a committed relationship in waking life; it is important to bear in mind, however, that your unconscious may have used your partner as a symbol for something else to which you are wedded, such as a job, an ideal or an opinion. If so, your dreaming mind may have been urging you to leave your job, change your mind or open your mind to new possibilities. A dream of saying farewell to your lover or partner is similar in many ways to dreams about death, as it does not mean you are going to leave someone, it means you are saying goodbye to something they represent.

Gay Relationship

Many psychologists believe that each one of us has at least some element of homosexuality within us and dreams in which you experience homosexual or lesbian urges may suggest a desire for paternal or maternal love, conflict or anxiety about your gender, or feelings of sexual inadequacy. The dream may also be urging you to explore the masculine or feminine side of your nature.

Inappropriate Pairing

At whatever stage of life you are, if there is a deep imbalance or lack of harmony in your current relationship, you may find that your dreams take on a warning quality, even becoming haunted and strange. Plants, trees, animals, and fish in particular tend to appear as symbols of the life or vitality of the relationship; if you are having relationships problems, you may dream of trying to rescue an injured animal or watering dying plants. Another common dream is entrusting your beloved pet or fish to your partner's care, only to return and find it neglected, dying, or even dead. These may all be symbols of those of your emotional needs that are being starved or denied, and of relationships that are struggling to survive.

Other dreams that signal emotional imbalance in intimate relationships are dreams of houses on fire, bombs that are about to explode or images of starvation, loneliness, torture, or neglect. These images are warning you that your relationship is out of balance, dangerously fragile, or in need of rescuing in your waking life. An inappropriate meeting or pairing of two objects in your dream, for example a kangaroo and a lightbulb, might suggest that you are somewhat concerned about an unsuitable partner; this might either be your own partner, or that of someone close to you – say a son or a daughter. Repeatedly getting the wrong person on the phone, seeing an email error message, or simply being unable to communicate may also indicate a disturbing inability to communicate with someone in your life who is important to you. If you are having problems with your cell phone, this might be seen by Freudians as a symbol of sexual dysfunction or anxiety. Another potent symbol of a relationship coming to an end is the image of gold dust or precious jewels running through your fingers in a dream. The image is even more eloquent if you are running with two cupped hands full of water in an attempt to quench your own or someone else's thirst and the dream water falls through your hands.

A real-life need to resolve relationship problems may be symbolized by dreams about repairing something, perhaps fixing a car or attaching things

together with glue, Sellotape, or Blu Tack. If you experience blocked communication in your relationship or suffer from an inability to get through to someone close to you, you may have dreams in which people are staring at one another in your dream but no one is saying anything. Such a dream may also suggest that now is an excellent time to deepen your relationship, as the silent figures await your signal for a new and exciting phase of your relationship to begin.

Marriage/Engagement

Dreams about proposals may simply be wish-fulfillment, especially if the person to whom you are getting married is someone you are attracted to in waking life. If you are already married and dream that someone else, a person you know or a stranger, proposed to you, you need to think about what your dream suitor could represent to you, as this will hold the key to the interpretation. The dream suitor may represent a commitment that you may be being asked to make in real life, for example a new job offer. Your dream reaction to both the proposal and to the engagement ring will give you an indication as to how you feel about committing yourself to this person or project.

Like dreams about proposals, dreams about weddings and marriage may be simple wish-fulfillment. If you have such a dream and are about to get married, pay attention to how you feel. Are you beaming with joy or filled with panic? If you are feeling anxious, your unconscious may have been urging you to acknowledge your qualms and either come to terms with them or call off the wedding. If the church altar features in your dream marriage, bear in mind that this is a symbol of sacrifice too; if you are wearing white, this is a symbol of purity and innocence. Are you in danger of sacrificing yourself to someone who isn't good for you? If a wedding dress or cake appears in your dream, this may refer to your feelings and hopes about relationships and wedding. If the wedding dress is given by your mother, it refers to qualities and strengths associated with your mother that are relevant to your relationship. Listen to the uncertainties your unconscious is expressing and try to resolve them before the wedding day.

If you have no intention of getting married in real life and you are getting married in your dream to someone you know, this could suggest that you harbor unconscious romantic feelings toward them. Alternatively, your dream may be sending you such a dream to highlight another form of joining

together, such as a marriage of ideas or a merging of plans and projects. Another interpretation suggests that your dreaming mind has conjured up a marriage scenario to indicate the need to bring together two opposing aspects of your personality – Jungians would suggest the masculine and feminine qualities we all possess – to create a harmonious whole. Could your bride have been your anima if you are a man and your bridegroom your animus if you are a woman?

Similarly, marrying a stranger in your dream may suggest the possibility of uniting two different but complementary aspects of your personality – your intuition and your intelligence for example. Such a partnership may empower you to take a new direction in your life and any children of this marriage may suggest the outcome or result of this new potential. If you dreamed of being at someone else's wedding, your unconscious may also have been highlighting two different aspects of your personality. On the other hand, if you know one of the partners getting married in your dream, perhaps you are worried about losing a close relationship with them.

If you were the best man or bridesmaid in your dream, pay attention to your feelings; if you felt jealous, this could suggest your fear of loneliness in waking life as in 'always a bridesmaid and never a bride'. Finally, if you have been married for many years and dream of marrying again, this may suggest that your feelings for your partner are as vibrant as ever. It may also suggest that your mutual commitment is showing signs of strain and needs special care and attention to revive it. In some cultures, to dream of a wedding signifies a death in the family or change in the family's circumstances. To dream about a honeymoon may reflect a period of happiness in your waking life.

RELATIVES

See **FAMILY**.

RELIGION If you have a dream that features religious or spiritual imagery, it is essential to take your own beliefs into consideration. If a figure or image of your personal faith appears in your dream the most likely interpretation is that your dreaming mind is reminding you of the importance your faith plays in your life; it may also be urging you to make decisions in accordance with your beliefs. If, however, you dream of an aspect of a belief

system that isn't yours the meaning is less obvious but the key to its interpretation lies in what the figure or image means to you in waking life. For example, if you associate Christ with humility and self-sacrifice your dreaming mind may be suggesting that you need to make some kind of personal sacrifice.

Dreams that feature a strong religious factor do not only occur to those who practice a faith. In fact Jung said that many of his patients who had such dreams had lost their faith and their dreams were referring to their sense of guilt and loss. When an individual neglects the spiritual in waking life dreams may try to compensate with images that highlight the existence of an inner truth.

RELIGIOUS BUILDINGS Any religious building suggests a refuge where you can gather your thoughts and consider your beliefs. Even if you are not religious, in dreams religious buildings highlight your spiritual, peace-loving, and idealistic potential. Most of us have principles we live by and these may surface in your dreams in the symbol of a religious building. If you are walking past a church or religious building in your dream, this suggests that you are not making contact with the best part of yourself. Is your waking life so crammed with obligations that you don't have time to explore your inner world for some much-needed reflection, meditation, and contemplation? If you entered a temple in your dream and immediately felt enveloped in a sense of calm, was your unconscious suggesting that you would enjoy better health if you treated your body as a temple, putting your physical, emotional and spiritual welfare first? Dreams about religious buildings may also be an expression of anger against dogma; again it depends on the feelings evoked by the building in your dream. Did you feel relieved or tense? If a vault features in your dream, it may represent your highest spiritual ideals, as vaults often appear in churches or temples with painted stars in imitation of the vault of the heavens. A vault may also recall a crypt or burial chamber, and as such, it may conjure up thoughts of death.

RELIGIOUS CEREMONIES Each of the symbols that appear in a religious dream should be taken into account as each will contribute in some way to its meaning. Their significance is likely to accord with your religious faith but whether you are religious or not, the interpretation tends to be

similar. If you were reading, hearing, singing, or chanting from a religious book, manuscript, sacred scripture, or text such as the Bible or Koran, your dreaming mind is highlighting your desire to know the truth or the answer to a question that is on your mind. You may feel the need for some kind of guidance and your dreaming mind is urging you to pay attention to the problem or issue on your mind before it gets any worse. Dreams about praying also reflect a feeling of helplessness and the need for guidance in waking life.

If you attended a religious ceremony or rite or were part of a congregation in your dream, your feelings about this are crucial. If you felt uplifted and comforted, this suggests that you feel at peace with your moral code; but if your attitude was one of rebellion or anger, your dreaming mind may be urging you to assert your individuality, as you are currently being stifled by the restrictions of your belief system. Alternatively, if you are not allowed to participate in your dream ritual, you may be harboring feelings of guilt because you have broken some important rules. As ceremonies are used to attain deeper awareness and to establish a new order, another interpretation suggests that dream ceremonies and rituals refer to major life changes or new attitudes in your waking life that are having a profound effect on you. Religious processions and carnivals in dreams reflect a need to stimulate your imagination and perhaps increase your faith.

A dream of visiting a religious place may be commenting on the lack of spirituality in your life; this is especially so if the church, mosque, chapel, temple, cathedral, or religious site was peaceful and calming, as it suggests that you need to seek out a place where you can feel secure and reflect on your waking life. If you dreamed of a crypt or religious burial ground, this may be suggesting that your spiritual self is buried. If the religious site or building was in ruins, you need to consider which aspect of your spiritual life is crumbling away. If you heard church bells or religious music in your dream, this suggests a desire to expand your spirit.

A dream that features baptism or an initiation of some kind suggests spiritual renewal or a new life for the dreamer. If you were baptized and given a new name, this indicates a new start; the significance of that name will be important. If you attended the baptism of a baby, this may represent an idea or project you are working on and for which you need approval. If you were blessed in your dream, this suggests approval of some kind of action or attitude in your waking life. Blasphemy, on the other hand, reflects

irreverence or insults of some kind in your waking life. If you dream of taking Holy Communion, because in real life this is a form of blessing for forgiveness and renewal, in dreams it represents sacred sharing. If bread and wine appears in your dream, these refer to the basic needs in your life. As always, your feelings in the dream are important. Did you feel comforted or anxious? If you dream of a crusade, this suggests that you need to fight for or against something or someone in your waking life.

RENT Paying rent or your mortgage in a dreams suggests a need to preserve your independence or integrity. If the dream stresses that you are not a home owner, this again suggests unease with yourself or uncertainty regarding a certain situation.

REPTILES There are a number of possible interpretations for dreams that feature reptiles and amphibians but in general they suggest danger, energy, potential, and powers of healing and transcendence. Pinpointing the nature of the behavior portrayed by the creature in your dream should help you identify which feeling or emotion is applicable to your current situation. As with all dream interpretations when it comes to underwater dreams that feature fish, reptiles, and amphibians it is also important to consider whether your unconscious was using word play to get its message across.

Alligator or Crocodile

Floating half-submerged by the river bank the crocodile swims in the murky waters of the unconscious projecting an image of danger with its jaws and hypocrisy with its tears. If crocodiles appear in your dream and the atmosphere is pleasant then they may be a symbol of being comfortable in your skin. Your unconscious may be reminding you of the importance of timing and focusing your energy so you are ready to seize the moment when it comes. On the other hand crocodiles also represent the hazards that may lie beneath the surface of a seemingly harmless situation so the crocodile may be

alerting you to a potential problem and urging you to trust your instincts. Crocodiles and alligators are masters of disguise when it comes to hunting prey so if they feature in your dream ask yourself what aspect of yourself you are disguising in real life. Consider also if someone you know is shedding crocodile tears, i.e. acting insincerely. If an alligator appears in your dream this may represent problems that have appeared suddenly as if from nowhere and knocked your sense of balance. If you're battling an alligator in your dream it means you are dealing with an intense situation that has upset your world.

Lizards

Lizards can often resemble snakes so much of their symbolism in dreams will be similar. But if you watched a chameleon's skin slowly change color in your dream or blend into the background ask your self if your unconscious was questioning the wisdom of camouflaging your true feelings or whether it was highlighting your fickleness?

Snakes

Snakes are archetypal symbols that have both negative and positive associations, being on the one hand thought evil predators and on the other hand agents of healing and transformation. Dreams that feature snakes in them will also arouse different reactions depending on your associations with snakes in waking life. If you are like most people and snakes arouse fear and loathing in you then if your dream focuses on a snake it may well turn into a nightmare. Snakes can often represent intimidating situations in waking life. The most common is dreaming of a pit of snakes or piles of them lying on the floor around you and this may represent the many worries that are threatening you or the poisonous words and innuendo of people around you. If, however, you admire snakes or keep them as pets, your dream is unlikely to have been sinister. Dreams that feature serpents poised to strike their victims with venom and suffocate them with their coils may be warning you about an emotionally cold person who is suffocating you in waking life. Or is there a viper in your midst, or a snake in the grass; someone who appears friendly but who is about to stab you in the back? Your dream may also have been influenced by Christian symbolism of the serpent in the Garden of Eden. In this dream the snake may have represented someone who is trying to tempt you to deviate from your moral code of conduct. The snake's positive

associations date back to ancient Greece and Rome when the Greek God Hermes (Roman Mercury) bore two entwining snakes around his neck to symbolize the harmonization of two conflicting forces. If the snake doesn't try to attack or harm you in your dream it may therefore be referring to physical or emotional healing that has begun in your waking life. If the snake shed its skin in your dream this may indicate your desire to cast off the past. According to Freud the snake is a phallic symbol so it could also denote repressed sexual urges or fears of masculine energy that is creating power issues in your relationships. Besides being an obvious phallic symbol the snake embodies for Jungians the other dark incomprehensible and mysterious aspects of the self that must be contained. In addition, in the Indian mystical tradition, the kundalini snake is a symbol of latent energy, instinct, and sexuality so your dream may also have represented your spiritual or intellectual awakening. Pythons in dreams embody the power to dominate a situation by having a potent grasp on it. If the python in the dream is not a menacing but a benevolent presence, it is likely to be a reminder of your power to cope with a challenge by wrapping yourself around it. Pythons can also represent people or situations who are trying to put the squeeze on you in waking life. For example, a jealous lover who watches your every move or a financial commitment that limits your freedom to spend.

Tortoise and Turtle

Sea turtles suggest a cautious spiritual search or path and sea weed pertains to spiritual confusion. Dreams involving turtles or tortoises underline the important of patience and fortitude in waking life – remember the story of 'The Tortoise and the Hare', where slow and steady progress won the race. In this sense turtles certainly symbolize the benefits of determined, calculated, and well-thought-out actions as opposed to hastiness. The turtle's symbolism relates to wisdom (due to its longevity) and fertility (it is a prolific egg layer) so if you dreamed of watching a turtle on its back frantically trying to right itself, could your dream have reflected your waking sense that your real-life circumstances have turned upside down? Turtles also represent the power to protect yourself and take life at your own pace. Since they enjoy both air and water they also represent the ability to think clearly and feel deeply at the same time. If the turtle in your dream is wounded in some way or has been contained this may suggest issues with body image or feeling safe and secure in your body.

RESCUE If you had a dream in which your very own knight in shining armor appeared to fight off and rescue you from danger, try to identify your rescuer. Was it someone you know or know of, or was it a stranger? Who was rescued, and who or what were they or you rescued from? If the rescuer was someone you know, your unconscious may have been underlining your reliance on them or hinting that they could soon play an important part in your life. If the rescuer was a stranger, a celebrity or superhuman being (or even you), your dreaming mind is prompting you to admire and adopt these qualities in your waking life. The dream intention is to inspire and encourage you to be as brave and as decisive as the heroic archetype that appeared in your dream when you confront a challenge in your waking life. Try also to identify who or what was rescued as this could help you identify what in your life needs rescuing. Identifying whom or what you or the hero is battling against will also help you identify what is threatening you in real life; this will give you an opportunity to save it. If your hero gave you words of wisdom in your dream, pay attention to them too, as they may provide you with rich insight into your current situation.

RESTAURANT Nourishment is provided at a restaurant, but payment is also needed. The type of restaurant in your dream is important. In a fast-food restaurant or cafeteria, the dreamer is required to do much more to help; in an elegant setting, the basic needs are provided but much more is expected in return payment.

RICE

See **FOOD**.

RIDDLE

See **PUZZLE**.

RIDING A dream of riding a horse may be associated with your sex life, and how fulfilled or inhibited you are. If you are enjoying the ride, it could indicate a rewarding love affair, or the desire for one. On the other hand, if you are afraid of falling, you may feel inhibited sexually, or be unable to commit to your partner. The same meaning is applied to dreams of riding a

motorcycle or a bicycle. If you were riding another animal, think about what that animal represents in waking life.

For Freud, riding a horse is a symbol of sexuality. The gallop suggests passionate intercourse, and the trot gentle enjoyment. Another interpretation suggests that horseback-riding suggests a desire for a slower pace of life, while galloping or horse-racing suggest a competitive streak. Falling or being thrown from a horse suggests that you are worried about taking on too many responsibilities and finding it hard to cope. If the horses pulling a carriage are out of control in your dream, this suggests loss of control in your waking life but if the carriage is plodding along, it suggests an old-fashioned approach to life and reluctance to look forward to the new. If you dreamed of riding a horse, or being pulled by one in a carriage or other horse-drawn vehicle, try to decide what the horse symbolizes to you and then note if it was doing your bidding. This will help you see if your unconscious is going along with, or rebelling against, you.

See also **WALKING**.

RIFLE

See **GUN**.

RIGHT

See **LEFT AND RIGHT**.

RING

See **JEWELRY, SHAPES**.

RINGING In dreams, ringing telephones are signs that someone is trying to get in touch with you in your waking life or that your unconscious has something it needs you to know. If you picked up the phone and heard nothing, your dreaming mind is urging you to remember someone or something important that you have forgotten.

RITUAL

See **RELIGIOUS CEREMONIES**.

RIVER Rivers and streams always represent the way you live your life, as well as the way you see your life. Did you dream of a meandering river or one that was direct? The first would suggest emotional ups and downs, while the second would suggest emotional calm. Dreams of being carried along by a river or stream can refer to the passage of life from birth to death, but they are more likely to refer to your emotional life. How you felt in the dream will indicate the meaning; were you frightened, happy, or excited? If the river is rushing by, this may suggest that you feel life is moving too quickly. If it the river is static, your unconscious may have been commenting on your lack of drive and direction.

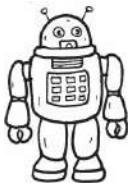
If you threw a stone in the river, did the ripples that formed echo your sense of going around in circles in waking life? The river depicts the richness or poverty of your life energy, so if you are crossing a river in your dream, this suggests you are in the process of making great changes in your life. If you are in the water to cross, it means you will feel a lot of emotions in the process of change. If you see someone else cross the river or fall into the river, this may refer to your feelings about aging and the passage of time. If the river is contaminated, this suggests that you are holding back your feelings in waking life and not doing the best you can for yourself. If you were in a river- or steam-boat in your dream, this may refer to the circumstances that surround you, for example your family or home life. The context of the dream and how you feel will all help you with the interpretation. Was the boat solid and safe like a steamer, or fragile like a canoe or a dingy?

ROAD In the universal language of the mind, a road represents the direction of your life which can be determined by the goals and ideals you make your own. If you cross a road in your dream this suggests potential uncertainty in waking life.

See also **PATH**.

ROBOT A symbol of habit or responses that are automatic or not thought about, the robot in some dreams is linked with the future and how we feel

about it. It also can suggest being on the defensive and being guarded about your feelings, in the sense of the robot's metal plating defending it against hurt. Dreams in which robots or computers take over the world suggest anxiety about the spread of technology destroying traditional ways of life. It also suggests extreme loss of sensitivity.



ROCK A symbol of the self or the core, the unique part of yourself that is charged with personal significance. According to Freud, rocks and stones are obvious phallic symbols on account of their hardness. The appearance of rocks, stones, and metals in dreams for Jungians, however, has a different interpretation inspired by Jung's interest in alchemy. Alchemy is the ancient art of transmuting base metals into gold but it is not just about this transformation. It can also be viewed as a system of self-initiation. Jung was amazed to find that the images and operations he encountered in old alchemy texts related strongly to his theories of psychoanalysis and the unconscious. He saw in alchemy a metaphor for the process of individuation or personal transformation, and the morphing and mutating imagery of that process which emerges from the stream of consciousness. For Jungians, therefore, the appearance of rocks, stones, metals, and jewels in dreams are potent and powerful symbols of a person's basic nature, heart and soul, and of their potential for personal transformation.

If a rock or stone featured in your dream, it is important to take into account the context of your dream and your emotions when trying to understand the message from your dreaming mind. Bearing in mind that dream stones can represent your very heart and soul, pay attention to what the rock looked like and what attracted you to it. For example, if you admired the stone, this suggests emotional strength; but if you picked up a pebble at random and flung it at someone or something, the stone could represent your coldness of heart, the hard feelings you are harboring against someone, or your attempts to keep others at an emotional distance.

Dreaming of stone or a stone floor or path can suggest emotional

inhibition or coldness as well as stability and durability. If you are carving stone in your dream, you may be trying to make a lasting impression on the world. If stone is broken up in your dream, you may be experiencing extreme emotional hurt. Being turned into stone means hardening your approach or attitude, and if stones are thrown at you, this could suggest feelings of guilt for a misdemeanor. There is also the drug association to consider, as in being 'stoned'.

To dream of a rock or rocky landscape suggests security, reliability, and stability in real life. You need to stand rock-like and not be dissuaded from your purpose. Seaside rock may remind you of childhood or of carefree times. Alternatively, like stones, rocks are associated with coldness, rigidity, barriers, and stubbornness; your dream may be highlighting these qualities within yourself. Consider also whether you have found yourself between a rock and a hard place in waking life?

ROOF A roof symbolizes protection, security, shelter in general, or the family home under which you find shelter and comfort. Consider the state of your roof – is it in good condition, weatherproof and complete, or is it in need of repair? If the latter, do you need to think something through more carefully? In architecture, particularly in churches and temples, the roof symbolizes the dome of heaven, so if a leaky roof features in your dream, one interpretation might be that an awareness of your unconscious is slowly making itself known to you. Typically, leaky roofs in dreams warn that the very structure of your life is on the verge of collapsing on top of you unless changes are made in your waking life. To see a roof is also an overview of how you see yourself and who you think you are.

To dream that you are on a roof symbolizes excitement and creativity. To dream that you are falling off a roof signifies that you may not have a firm grip and solid foundation on your advanced position. Consider also the expression 'to hit the roof', which means you have become enraged. Are you angry at the moment? To have a slate missing means to be a little slow, so are you missing the point of something? To see a ceiling in your dream represents your mental or spiritual perspective.

Chimneys in dreams generally symbolize warmth, tradition, and family values. The condition of the chimney reflects how we deal with our inner emotions and warmth. If your dream contained a smoking chimney, its smoke signal imparts a message of emotional warmth. The image of a dream

chimney is, in addition, laden with sexuality, male and female, depending on whether the chimney is viewed from the outside or from the inside.

ROOM If you discover a room that has been long forgotten containing fascinating things in your dream, this suggests a neglected part of your life that your dreaming mind is trying to encourage you to reclaim. It is telling you that it is not too late to go back to college, learn a skill, and so on. If, however, the room you dream about is a forbidden room, the interpretation depends on what you find behind the door, assuming that you have the courage to enter. In most cases, the images in the room will be frightening, as they reflect insights you find hard to swallow in waking life; by bringing these insights to your attention, your dreaming mind is helping you understand the dynamics involved, helping you face and deal with that which you find frightening in real life. If you find a new room in your dream, remember that it relates to uncovering new aspects of yourself, either positive or negative. Think about the function of that room. If it is a bathroom, this refers to bathing, hygiene, elimination, and cleansing. If it is a bedroom it suggests rest and intimacy, while if it is a dining room, it suggests feeding yourself and interacting with others.
See also particular rooms, for example **BEDROOM.**

ROOSTER
See **BIRDS**.

ROOT
See **TREES**.

ROPE If you are tied with rope in a dream this suggests something that is holding you back. If you tie someone else up the image indicates the checks and restraints you may be using to hold back your feelings.
See also **CONFINEMENT.**

ROSES
See **FLOWERS**.

ROWING This suggests the effort that you are making to get somewhere in your life. Is there someone in the boat with you or are you alone? The dream image also links in with the theme of cooperation or competition if you are rowing in a team.

ROUND

See **SHAPES**.

ROYALTY Dreaming of meeting a famous person, whether a king, queen, prince, or princess, has particular significance because it can indicate your desire for recognition, admiration, and respect in waking life. Your dreaming mind has chosen someone acknowledged to be of the highest social rank to fulfill this craving. The dream is an attempt to redress the balance but it may be a signal of low self-esteem, so it is important to heed the message and take steps to boost your self-confidence in waking life. If Elizabeth II features in your dream, this is a mother archetype, although the troubles of her family may have tainted this image. Diana, Princess of Wales has become a symbol of the wronged and martyred heroine, the maiden held captive by social constraints.

RUBY

See **GEMSTONES**.

RUGBY

See **TEAM GAMES**.

RUINS In dreams ruins suggest an approach to life or a way of life that is now irrelevant. If the ruins belong to a castle this suggests that the defenses you once built up are no longer necessary.

RUNNING To dream that you are running is considered a positive sign, as it suggests speed, energy, and direction. If you are running forwards, this indicates confidence or taking responsibility. To be running backwards or away from something signifies fear, or an inability to achieve your goals. A spiritual interpretation of running dreams could suggest that you are trying to

do something too quickly. To dream that you want to run but cannot suggests that your ambitions are harder to accomplish than you thought.
See also **WALKING.**

RUST This image could suggest a fear of getting older or aging but it can also indicate neglect of something or someone important in your life.

S

SADNESS If you feel sad, melancholy, morose, or depressed in your dream or wake up with feelings of sadness, your unconscious has used your dream as an outlet through which to release feelings of despair and sadness. Shedding dream tears may be a cathartic experience if you have buried feelings of grief or sadness, and do not wish to put yourself through the pain of dealing with them. If, however, you find yourself repeatedly unhappy or grief-stricken in your dreams, your unconscious may be expressing the onset of depression; such dreams are likely to continue unless you seek professional help.

SAFE Freudians would regard dreams of safes or strongboxes as representing female sexuality, since these things usually contain valuables. As places for hoarding things, they may also suggest greed or an inflexible approach to life. Money is a symbol of spiritual power for Jungians, so the safe or strongbox may represent a storehouse of insights into your unconscious mind.
See also **LOCK, SECRET.**

SAILING This dream image depicts how well you are handling your life. Are you working with the tides and wind or against them?
See also **SHIP.**

SAILOR
See **WORK**.

SAINT Dreams that feature saints, angels, icons, bodhisattvas, or immortals, avatars or any other perfect being that possesses a high level of spiritual development that lifts them above the imperfect human race all embody higher religious aspirations and positive qualities to which you can

aspire. The same applies to symbols of transcendence and illumination that can appear in your dreams such as halos, auras of light, and angelic wings. Bear in mind also that depending on the other details of your dream saints can also indicate martyrdom and extreme self-sacrifice so you need to consider whether or not you are being exploited by someone in waking life. Saints and angels are also traditionally considered to be divine messages between the Supreme Being and humanity so what message was this image trying to impart to you? Do you need to adopt a more moral stance in your waking life? Perhaps there is a moral issue you should not ignore or is your unconscious telling you that you have righteousness on your side? Or is your dream urging you to develop your spirituality? If the meaning of your dream still remains unclear try to meditate on it for a while as you may find that it leads you to new insights.

SALARY

See **WAGE**.

SALES ASSISTANT

See **SHOPPING, WORK**.

SALMON

See **FISH**.

SALT

See **FOOD**.

SAND

See **BEACH, DESERT, SEASIDE**.

SANDWICH

See **FOOD**.

SAPPHIRE

See **GEMSTONES**.

SAVING The notion of saving and investing in dreams may have practical or emotional implications. These may relate to the need to save for your future or equally may be making some reference to the need to prepare yourself emotionally for situations or people that need your attention and time. Dream investments represent an outlay of some kind allied to an element of risk or uncertainty. Are you taking an emotional or business risk? Your dream may be guiding or warning you, or summing up the situation in some way.

If your dreaming mind homed in on a solitary egg in a bird's nest, it may have represented your nest egg or funds you have been saving. If you have a dream of losing vast amounts of money on the stock market – an image of a ruined man or a man on the verge of suicide may appear – this represents feelings of great disappointment or disenchantment with an aspect of your life in which you feel you have invested a great deal of time and energy.

SCAR

See **BLISTER**.

SCHOOL Dreams that focus on school reflect your anxiety about how well you are being perceived by others or how well you are performing in waking life. If you are still at school, or if you have a job and your dream referred to your actual workplace, then your dreaming mind was probably referring to your everyday concerns. If you have left school, or the school or workplace in your dreams is unfamiliar to you, your dreaming mind may have been suggesting a past feeling or experience that has relevance for your current situation. Such dreams could also indicate a sense of restriction and your resentment that you can't spend your time doing what you want. They could also be commenting on your social interaction with your peers and authority figures, since relating to others is an essential part of school and work. Jung regarded dreams as teachers and guides on the road toward wholeness; from his perspective, dreams that feature schools and teachers were especially significant because schools are places of learning and maturing into a healthy adult.

School Paraphernalia

A school desk is a symbol of your most private self. If your initials are carved

on the desk, this also expresses your desire to make your mark on the world. Freudians would argue that opening a desk and searching inside is a symbol of sexual intercourse.

Many of us associate ink with our schooldays and if ink is spilled over a sheet of paper in your dream, this may suggest feelings of guilt. The shade of ink will be significant: black ink will symbolize evil thoughts or deeds, while red will symbolize impulsive acts.

Dreaming of notebooks or schoolbooks can suggest a great deal; are the notebooks neat, suggesting an ordered mind, or are they messy, suggesting confusion? If there are doodles alongside the scribbles, this suggests a creative personality that thrives in chaos.

A dream of taking an exam or being singled out by a teacher at school usually highlights waking anxiety about facing a difficult challenge in your real life. Perhaps you are trying to live up to impossibly high standards or are worried about some test of self-value, such as a new job or a new relationship. A common dream involves turning up naked to an examination, which may point to a fear of social humiliation. A feeling of powerlessness to control your life may be suggested by a dream in which you arrive late for an examination or hand in a blank paper at the end of the exam. If you find your name on a list of those who have not passed a school exam, you may feel that you have failed in some way in waking life or that someone is marking you down. If, in your dream, your schoolbag is filled with pens, papers, books, and apples, this suggests the happiness gained from happy experience but if the schoolbag is heavy and cumbersome, you may be feeling weighed down by the past. Pay attention to the quality and condition of the school bag as it could reveal a lot about your current approach to life. If the school bell rings suggesting that a lesson is over, this may indicate the end of a difficult phase in your life but if the bell comes at the end of a playtime, it could signify regret that a happy period in your life is coming to an end.

See also **BLACKBOARD, CHALK.**

Back at School

You may have had a dream in which you were a child again and you felt lost and lonely at school. Perhaps it was your first day in a new school? Your unconscious often draws on past experiences to reflect current feelings, so perhaps you have recently started a new job or moved to a new area. Or are you just feeling insecure and uncertain about yourself? If your school dream

was positive, you may just be feeling nostalgic about an exciting time in your life. If your school dream was negative, however, and you hated school, then your dream may be suggesting that you have not resolved your feelings about this life experience. You need to reassess your school days from an adult perspective.

If the school was ruined or dilapidated in your dream, this can represent the collapse of youthful illusions; your dreaming mind is urging you not to dwell on the past but to move on. Another interpretation of dreams about being back at school is that you are feeling suffocated by rules, regulations, and restrictions in your waking life that are preventing you from leading the life you want to live. It can sometimes refer to feelings of rejection, aloneness, and stress on leaving your mother for the first time. Your dreaming mind may also be urging you to seek out knowledge or learn new skills in waking life. Specific places or rooms in the school represent attitudes learned at school. For example, the library is a place of knowledge and stored information; the gymnasium is associated with physical health and a place where you take risks. School clothes suggest the social image you developed at school and school friends, those of your attitudes that you developed at school.

In general, dream of high school or secondary school are not so much about the lessons you learned there, but about social concerns or the desire to fit in at all costs. Whether you couldn't find a classroom or were unprepared for an exam, the primary concern of such dreams centers around your own abilities and what others think of you. Dreams set in high school reflect your insecurities and social fears. If you dream of the school playground, this represents the importance of relaxation or recreation to balance the time you spend working. Not wanting to join in with school games suggests an inability to switch off from work, while reluctance to leave the playground suggests a lack of discipline. If you dream of bullying and are identifying with the victim, you may be expressing old memories of school experiences that were upsetting. Alternatively, the bully might represent a domineering figure in your current life or aspects of your own character that are domineering.

See also **EXAMINATION**, **TEACHER**.

SCIENTIST

See **ARCHETYPE, WORK**.

SCISSORS In dreams, these can suggest cutting remarks or decisiveness and taking control. They can also suggest separation or independence – as in cutting the umbilical cord – or the need to get rid of someone or something out of your life that isn't working anymore. The type of scissors may be important for the dreamer. Surgical scissors, for instance, could suggest the need to be more precise. Kitchen scissors might suggest a need to be more practical. If the scissors are blunt, this suggests you may be creating problems through speaking bluntly. If you are sharpening scissors, this suggests the need to be more tactful. If you dream of a hairdresser using scissors, this could refer to your fear of losing authority and status. In folklore, clean scissors suggest that you have nothing to fear from your enemies. If the scissors are rusty or broken, however, this is less favorable.

SCORPION

See INSECTS AND ARACHNIDS.

SCREW

See TOOL.

SCROLLING/SWIPING

See INTERNET.

SCULPTOR/SCULPTURE If you are a sculptor in your dreams, you are working on finding yourself and are overcoming obstacles by getting to the core of things. If a sculpture appears in your dreams, you may find it hard to accept things as they really are. You may also be overly concerned about projecting a positive image. A statue, bust, or obelisk often suggests the desire to put someone or something on a pedestal. If you are doing this, you increase the feelings of remoteness and unattainability of that person or thing in waking life. If a statue comes alive in your dreams, you may revive a long-

lost interest or rebuild a friendship. Ancient dream oracles indicate that dreaming of being a statue is a sign that your fortunes will change for the better.

SEA

See **OCEAN**.

SEAGULL

See **BIRDS**.

SEAL As the seal can live on land and survive in the water it is sometimes used to represent the emergence of both instincts and intuition in your waking life.

See **ANIMALS**.

SEARCH

See Sight entry in **SENSES.**

SEASIDE In dreams, the seaside or beach represents a new dimension of experience. The land symbolizes past experience and everything you have tried, and the water is the symbol of the new unlimited potential awaiting you. This image often appears in dreams when you feel you are through the worst of things; it is therefore a harbinger of hope, growth, and change.
See also **BEACH.**

SEASONS The round of the seasons: The words of Ecclesiastes, ‘to everything there is a season and a time for every purpose under heaven’, echo in many facets of dream lore. The seasons of the year over the ages have come to represent the natural progression of your life and represent change and renewal as well as your state of mind. They also relate to the four elements: winter represents earth, rain or water symbolizes spring, heat and fire summer, and air the winds of autumn.

See also **AUTUMN**, **SPRING**, **SUMMER**, **WINTER**.

SEA VOYAGE According to Jung, a voyage at sea suggests an exploration of the unconscious. Freudians might see the sea as a symbol of the mother or the womb and therefore might regard a sea voyage as an incest wish. Freudians would certainly regard a ship as a phallic symbol, with a ship being tossed about in turbulent seas representing passionate love-making, and a sinking ship suggesting doomed love. If you do dream of traveling in a boat, pay close attention to the conditions of travel as they will reveal much about your waking situation. Are the waters calm or is a storm building?

If the boat is drifting aimlessly on the water, you may feel that you are lacking direction, while if the boat capsizes, this suggests imminent danger or obstacles ahead. If you are enjoying a tranquil boat ride that is slowly but surely heading in the right direction, this could imply a sense of anticipated success with a particular project in real life.

SECRET If you are sharing or keeping a secret to yourself in your dream, this means there is something about your private thoughts and feelings of which others need to be aware. Are you hiding something from both yourself and others? Are you too secretive? If you are actually keeping a secret in real life and you dream of sharing it with a friend and immediately feel as if a burden has been lifted from your shoulders, your unconscious may be encouraging you to be more open during your waking hours. Or did you dream of betraying someone's confidence in your dream and discover that this leads to unhappy or terrible consequences? If you did, your dreaming mind may be urging you to keep an important secret to yourself because there may be terrible repercussions if you revealed what you know.

Symbols of secrets and deception in dreams may be offering you a warning. If you were cheating or someone cheated at your expense in your dream, this was certainly a warning. For example, if you cheated in a race, in a game, or in a relationship in your dream, are you willingly involved in

some kind of deception in waking life? If you are, your dream is urging you to mend your ways; on the other hand, the dream may also be suggesting that someone is cheating on you. Any hint of counterfeit goods, fakes, or forgery in your dream also suggests that you are not being true to yourself or honest with others in waking life. If the fake is an antique of some kind, this may be referring to a deceit that happened in the past. If you are caught cheating or deceiving somebody in your dream, perhaps you are in danger of being found out in waking life. Cheating and faking in dreams may also suggest feelings of inadequacy in waking life.

If you were performing a trick in your dream, try to remember if your audience was impressed or not, as this dream may suggest that you are trying to manipulate people in waking life. If you were plotting or scheming or are a part of a group of people plotting in your dream, your unconscious is telling you that you are not being completely open and honest in your dealings with everyone in real life. Dreams of hiding or dreams in which you lock up your possessions or hide them away in a safe, strong box, under the floorboards in the attic may also represent some form of deception or fear that you are not facing up to.

SECRETARY

See **WORK**.

SEDUCTION

See **SEX**.

SEED Seeds reflect the potential of a new beginning or growth. If you scatter seed on barren earth, you may be wasting your energy on something or someone. Seeds can also represent sperm or ovum, although, botanically, pollen is the equivalent of sperm.
See also **NUTS**.

SELF The most important archetype of all is the self – the higher, more spiritual aspect of the personality. In dreams it can appear in many forms; most typically as a child or baby, suggesting vulnerability, freshness, spontaneity, and potential. It can also be symbolized by the circle, the cross, and the mandala figures that Jung was fond of painting. To a woman, the self

may also be presented as a wise old woman, priestess, fairy godmother, biological mother, queen, or princess. To a man, the self may manifest as a king, priest, wise old man, guru, prophet, or philosopher.

SELF-HARM If you are self-harming in your dream, or watch someone self-harming, or don't do anything in your dream to protect yourself when somebody attacks you, this suggests that you need to take better care of yourself in your waking life. You need to love and respect yourself more because if you don't your chances of success and happiness in all areas of your life are seriously limited.

SELFIE

See **SOCIAL MEDIA**.

SELL Selling is all about persuasion and buying is all about acceptance. Selling is about persuading people to have things they did not know they needed, so you need to bear that in mind if an item is up for sale in your dream. Street peddlers, hawkers or door-to-door salesman are all symbols of possible dishonesty; if they appear in your dream, you should weigh up the pros and cons of some new undertaking or the motives of someone close to you. Trading in dreams symbolizes interaction and communication and if this image appears in your dream, you may be considering what personal qualities you have to offer someone or what they have to offer you.

SENSES Although your five senses of taste, smell, touch, hearing, and seeing are not conscious when you are dreaming, you may find yourself waking with lingering memories of sensual interaction that seemed so real at the time of dreaming. For example, you may recall seeing a beautiful sunset in your dream or hearing a conversation. Or perhaps you remember the smell of burning wood, the touch of a lover's hand or the taste of a fine wine. You may wake up with a feeling of relief or regret that the terrible or exciting events in your dream simply weren't real; and a part of you may need convincing that the events in the dream did not actually take place.

According to Jung, dreams are important messages from your unconscious to your conscious mind and nowhere is this more true than when the clarity, vividness, and realism of your dreams are so incredible that you

have no idea you are dreaming. Although some people are aware of when they are dreaming, many of us aren't; if you regularly find your dreams both convincing and compelling, many dream analysts believe that your dreaming mind is creating an atmosphere of intense realism to shock you into action or a change of perspective.

Hearing

If your dream homed in on an ear, maybe yours or someone else's, your unconscious may have been urging you to keep your ears open or to stay informed about what is going on around you. Alternatively, you may be being urged to pay more attention to what people are telling you; perhaps you have closed your ears to the truth, have been ignoring opinions, or turning a deaf ear to someone in waking life. Another interpretation suggests that you are intrigued by gossip.

See also **SOUNDS.**

Sight

Dreams are an overwhelmingly visual experience and Freud generally treated dream images as signs. Signs are images that point to something else. Freud believed the unconscious was purposely hiding the meaning of the images from our conscious minds. He believed that dreams contained a secret, hidden key and that once this key was slipped into the lock keeping a dream's meaning from you, almost everything could be seen to have a connection with sex, death, taboo, and incest. Jung, on the other hand, treated dream images as symbols intent on bringing healing to the psyche. Images, when treated as symbols, are images which have meaning in and of themselves. He believed the unconscious was purposely trying to speak to us, in order to bring forth a sense of wholeness and added meaning to our lives. For Jung, our nightly dreams were not trying to hide anything from us but trying to communicate with us.

Many dream analysts today regard the images we 'see' in dreams as a symbolic reflection of aspects of the dreamer's life, in particular their attitudes and responses. By taking time to consider what it is that you are 'seeing' in your dream and the impressions involved, you can 'see' or become aware of what the dream is getting you to look at regarding yourself or your life. The 'view' you have in a dream, the environment you see, reflects how you see your life and yourself at the time of the dream. It shows

how limited or wide your ‘vision’ is. Being looked at in a dream suggests seeing yourself from their point of view or from a point of view that is not your own.

If you have a dream in which you are searching for something, this typically indicates an attempt to find something in waking life; perhaps a past way of life, a person from the past, an answer to a problem or a sense of identity; it may also indicate a feeling of having lost something valuable, such as your youth, energy, or motivation. If you are searching for someone in your dream, you may be conscious of your loneliness and if you are searching for something but do not know what it is, this could represent an unfulfilled need or a spiritual hunger. If a searchlight appears, this indicates concentration and focused attention. It can also indicate insight into an important matter in your waking life.

Said to be the windows on the soul, the eyes are instruments of unconscious communication as well as vision. If you found yourself gazing into someone’s eyes in your dream, your unconscious may have been mirroring your sense of seeing eye to eye with someone in your waking life. But if you find you cannot meet someone’s eye in your dream, you may be feeling guilty about something you have said or done. If the color of someone’s eyes caught your own eye in your dream, pay attention to the symbolism by referring to the entry on **COLORS**; if you noticed a squint in your dream, could the message have been that you are looking at things in a cockeyed way? If your eyes were shut or you noticed you were blind in your dream, your unconscious may have been alerting you to your tendency to close or shut your eyes to the truth in waking life. And if you found yourself wearing spectacles or contact lenses in your dream, do you need to focus on something or someone more closely in waking life, or do you wish that others would respect your intelligence more?

See also Eye entry in **BODY.**

Perception of color is an intensely personal experience. We only have to look at our clothes and interior decoration to see how color plays a part in our lives, whether through understatement or overstatement. Color is also a form of communication and mood; for example, red means stop and black is often associated with loss in Western society. Think about how you would describe a color to someone who is blind. What feelings and thoughts arise when you think of red, blue, or yellow, for example? If a color particularly stands out in your dream ‘view’ (you are wearing, for example, a color you never usually

wear) take a look at the relevant entry in **COLORS** for some clues to its meaning; as with all things in dreams, look for the associations that make sense to you.

Smell

At times you may experience the sense of smell in your dreams. If there is a strong smell in your sleeping environment, you may perceive it and incorporate it into your dream. Otherwise, the smell in your dreams is triggered by a memory. You may be associating your dream experience with a pleasant or unpleasant odor. For example, if you are dreaming about your mother, you may smell the aroma of a food she once cooked. The smell may trigger emotions and reflect the general quality of the experience. If the smell is repulsive in your dream, ask yourself what is rotten or corrupted in your life; alternatively, is your unconscious telling you that it has sniffed out danger or 'smelt a rat'?

Smells can remind you of a particular person or situation; they can also suggest good or bad feelings. For example, a pleasant smell could depict happy times or memories, whereas a bad smell could hold memories of trauma or difficulty. Smells can also act as a warning in a dream, as intuitive information is often recognized by a particular smell. You may have a good or bad reaction to the smell depending on your associations with it. Dreams involving the sense of smell may also be explainable by the large number of idioms regarding smell: on the right scent, throw someone off the scent, smell a rat, smells fishy, stinks to high heaven, what you did stinks, and so on.

The appearance of your nose or the nose of someone you know in your dream may be significant. If the nose suddenly grows long, could you be telling lie after lie in the real world? If it transforms into a broken one, are you about to fall out with someone in the real world? If your nose was blocked, is there something about your waking circumstances that is getting up your nose? See also Nose entry in **BODY**. When you dream of smelling perfume you are often being reminded of particular memories. Smells in dreams can be evocative and you may need to recapture or re-examine a certain emotion associated with that perfume.

Taste

In dreams, the sensation of taste suggests your likes, dislikes, desires, and standards. If something is not to your taste in your dreams, this suggests that

it does not conform to your ideals. To have a bad taste in your mouth suggests that something in your life is not nourishing or satisfying you. If you recognize that your surroundings are in good taste, this suggests that you appreciate beauty in life. In waking life, we often know what we do and do not like but in dreams this can sometimes be distorted for the purpose of highlighting the need for change. For example, if you find yourself liking someone or something you normally dislike, this suggests that you need to study the qualities of this person, object, or place to see what it can teach you. Bear in mind that the words used to describe taste are also often used to describe feelings, for example bitter, sweet, sour.

Did you sit down to a lavish meal in your dreams and find that you had lost your appetite or could not taste anything? If so, then perhaps you have lost your appetite for something you once loved or relished. On the other hand, if you found yourself endlessly chewing, then perhaps you need to chew over some facts before you make an important decision in real life? In dreams being aware that you are swallowing something suggests either that you are holding back your emotions or that you need to take in something important in real life.

Touch

In dreams, touch suggests making contact in some way or the need to reach out to someone or something. Your dream may be drawing your attention to your need for other people and their need for you. The transference of power and responsibility can also be signified by the act of touching in dreams, so perhaps you are about to take on new responsibilities in real life. In general, though, being aware of touching or being touched in dreams suggests intimacy, contact, or a linking up with something. You may also have touched feelings or drives that are shocking you into action.

If, in your dream, you are surrounded by people or things but do not feel touched or held, this suggests emotional inhibition and an inability to reach out or express your need for others. If you are actively avoiding being touched in your dream, this suggests hidden anger or aggression toward someone in your life. Touching is also a means of communicating feelings or intentions to others and it may have the same meaning in your dream.

If something is hard to the touch in your dreams, this suggests lack of feeling or response, or emotional difficulties in real life. If, by contrast, something is soft to the touch, this suggests a desire for comfort and love or

the ability to self-comfort. It may recall memories of a soft toy you had as a child, or a non-threatening emotional relationship that can be controlled by you.

SENTENCE

See **DEATH SENTENCE, PUNISHMENT**.

SEPARATION

See **FAMILY, RELATIONSHIPS**.

SERVANT A symbol of undue vanity but can also suggest the need to expand and develop your potential.
See also **ARCHETYPES**.

SEWING Are you bogged down with routine in your waking life? Dreams of weaving, knitting, crochet, and sewing could suggest that you need to broaden your horizons, as these tasks all require attention to detail and constant repetition. If you are joining together pieces of fabric, or creating an exciting design, this could, however, indicate that you are bringing together certain aspects of your waking life. If you make mistakes with your craftwork, drop a stitch, or break your thread, perhaps you have recently been tactless in your daily life or had a quarrel with someone. Were you successful in patching up your differences?

SEX Freud believed that all dreams were wish-fulfillment dreams about sex. According to Freud, virtually every dream topic – from the phallic symbolism of a clenched fist or a tall building to the feminine associations of a cave or a rosebud unfolding – represented the release of sexual tension. Although Freud's classic work built a solid basis for dream analysis, Jung rejected Freud's idea of the libido being exclusively sexual and argued that Freud saw sexual symbolism in too wide a range of phenomena. According to

Jung, sexual dreams were more likely to represent the search for perfect balance between the masculine and feminine principles within oneself. They served as pointers toward psychological growth and wholeness.

The question to ask yourself about your dream sex partner is not ‘Do I secretly fancy him or her?’ but ‘What is it about that person’s life or personality that I am attracted to, and how can I develop that quality within myself?’

Today many dream analysts regard dreams as emotional energy valves. The energy behind the sexual drive is extremely powerful and can express itself in many different ways in dreams, most commonly in images of genital sex. If this energy is blocked it can lead to feelings of low self-esteem and frustration. Your dreams show you just how you are dealing with this important area in your life, and what is preventing you from feeling satisfied and healthy. Dreams that feature sexual symbolism reveal a great deal about your intimate and individual needs, thereby considerably enriching your waking life. For example, if you have a recurring dream about having intercourse, this could suggest that your longing for sexual adventure in your waking life is not currently being fulfilled. This doesn’t necessarily mean you are dissatisfied with your current partner if you are in a relationship; it means you have hidden sexual desires and are simply finding a way to safely and healthily express, explore, and release them in your dreams.

Everyone dreams about having sex. It’s entirely healthy and normal. However, if you are dreaming about sex most nights of the week this may be a sign that you need to examine your own sex life. Perhaps things have become a little too routine. Try to find safe ways to include more adventure or variety – or simply have more sex than you are currently having!

Although men are believed to think about sex more than women when they are awake, research from the University of Montreal in Canada shows that this gender stereotype doesn’t translate to dreams. Women dream about sex as much as men do, although reaching orgasm during sleep is more common among men than women. Dreams about sex can occur at any age but they are particularly common among adolescents, partly because the advent of puberty floods the body with sex hormones to awaken sexual curiosity. Peri-menopause and menopause are also associated with an increase in sex dreams, again because of hormonal changes.

Sexual Encounters

Famous People

Dreaming about having sex with famous people, politicians, or public figures turns the spotlight on what you need or desire in your waking life. (Sex is all about satisfying needs, creating emotional connection, and desire.) Reflect on what qualities the celebrity or public figure has that you admire or think about why they are famous. What is their talent? Your dreaming mind wants you think about the things you associate with this person and see if you can incorporate them into your waking life in some way. Always remember, it is not the actual person you dream about having sex with that matters but what they mean or represent to you. For example, if you dream of having sex with a politician you may want a more public platform or more authority to govern your own life.

Female Sexual Partner

In a woman's dream, female lovers are symbols of what you deeply crave, need, hope for, or avoid. In a man's dream, female lovers are about your relationship with the feminine aspects of your personality, and a satisfying sexual experience in your dreams with a woman you know or don't know suggests harmonious union between the masculine and feminine aspects of your personality. Sex with more than one woman suggests an element of wish-fulfillment but it may also point to conflicting desires within the male dreamer. The younger the woman in the dream, the more vulnerable are your emotions.

If you are a woman and not normally attracted to other women, same-sex dreams may feel weird and disorientating but they are very common and entirely normal. The interpretation of this dream lies in what the other woman in your dream represents to you. What qualities does she possess that you feel you need? Is she clever, caring, ambitious, kind, assertive? Dreams about having sex often represent a search for inner wholeness and the people in your dreams represent aspects of yourself that you need to integrate in order to grow. This dream may also be encouraging you to be proud of your gender.

Flirting/Flattery

In dreams, flirting could suggest ostentatious behavior in waking life that could have disastrous consequences, or it could suggest the need for diversion in waking life. Flattery is an equally ambiguous symbol suggesting

wisdom if you see through the flattery, and gullibility if you do not.

Gay Sex

If you are heterosexual and had a dream in which you were having sex with a person of the same sex, this may suggest that you are sexually attracted to members of your own sex but have repressed this inclination. If this is the case, your dream may have been fulfilling your unconscious fantasies and was encouraging you to be honest with yourself. Many psychologists believe that we are all bisexual at a deep level; a dream like this may have given you the opportunity to explore in a safe environment an experience that your conscious mind finds objectionable due to social conditioning. If, however, you are convinced you are not gay or lesbian, your dream may simply have highlighted the intimate nature of your friendships with people of the same sex or your desire to meet someone similar to yourself. Your unconscious may also have been highlighting the fact that if you are in a relationship, you sometimes you feel closer to your friends than you do to your partner. If you are homophobic in waking life or in your dream, your unconscious may have been urging you to be more open-minded.

If you are gay and dream of making love to a person of the same sex, this will have much the same interpretation as dreams concerning heterosexual sex and partnerships. If you are gay and have dreams of heterosexual sex, your unconscious may be highlighting unconscious attractions or emphasizing the closeness of your emotional bonds with friends of the opposite sex.

Gender Role

Within each one of us there is masculine and feminine potential, and when there is conflict between the two, this can sometimes show itself in dreams of bisexuality or transvestism. Dreaming of a person who is both masculine and feminine either suggests bisexuality or the perfect balance in one person of the masculine and feminine qualities. If you have a gender-shifting dream in which you believe that you are a member of the opposite sex, this generally is a dream about changes in perspective or exploring different aspects of yourself. Don’t judge yourself too harshly if you have such a dream, as these are more often markers of psychological maturity and development than an indication that something is amiss.

If you are a woman dreaming you are a man in a sex dream, it symbolizes

the complete integration of your masculine and feminine qualities. It can also represent a longing for a part of yourself that has been lost. You need to rediscover within yourself qualities that are (rightly or wrongly) traditionally considered male, such as emotional control, assertiveness, and strength. The same applies if you are a man dreaming you are a woman in a sex dream: you need to rediscover qualities traditionally associated with women within yourself. If you dream you are transgender, again this points to the need to balance the masculine and feminine qualities within you.

Intercourse

Your longing for sexual adventure that isn't expressed in waking life may attempt to express itself in your dreams. If you have sex with other people in your dream, this doesn't mean you are dissatisfied with your partner; we all have secret longings and it is healthy to express them as you sleep. If you had a dream in which you were having sex and you are a teenager or young adult, this is perfectly normal. Adolescents frequently dream of sex, partly because the onset of puberty causes sex hormones to flood the body awakening sexual curiosity. Such dreams are caused by these natural physiological stimuli, combined with feelings of anxiety or excitement about what making love is like. Sexual frustration is another reason why you may have erotic dreams. The sexual drive is extremely powerful and if you are not in a sexual relationship or have not had sex for a long time with your partner, your unconscious may find release in your dreams.

Similarly, if you are having unsatisfying or boring sex in real life, you may have a dream in which you have passionate and exciting sex, giving you an insight into your true sexual yearnings. If you have low self-esteem, your unconscious may also try to boost your sense of self-worth by depicting you making love to a sexy stranger. If you dreamed of making love to someone you know in waking life, you may be unconsciously or consciously attracted to that person or your unconscious may again be boosting your self-esteem by conjuring up such images. This is particularly the case if your dream lover is a celebrity or a person countless people have a crush on in waking life.

If none of the above applies to you, dreams in which you are making love to someone you know or don't know could, according to a Jungian interpretation, depict your union with the anima or feminine aspects of your character if you are a man, or the animus or masculine traits within you if you are a woman. Your dream may have symbolized the complete integration of

your masculine and feminine qualities or a longing for a part of yourself that has been lost. The other character in your dream – the sexual partner – represents the closest you can get to that part and helps you understand what your deepest needs are. Another interpretation suggests that dreams in which sex is the theme are referring to your creative powers, although not necessarily fertility, and the use you could be making of them in waking life.

Because semen is a symbol of masculinity and of physical and sexual maturity, dreams of ejaculation or emission can suggest the nature of your attitude to sex and the conflicts which arise in you. If you dream of seducing someone or being seduced yourself, this suggests that you make compromises too easily in both business and love, and you should not commit yourself so cheaply. To dream of undressing in front of your dream partner suggests confidence, but to be shy or reticent to reveal yourself naked suggests body-image concerns. Having sex fully dressed in a dream suggests feelings of guilt; to dream of being naked or your genitals being exposed in public suggests feelings of sexual insecurity. It can also suggest indiscretion in your waking life, while deformed genitals warn against over-indulgence.
See also **BODY**.

Kissing
This can indicate a mark of respect or a desire to arouse someone; and that someone might be yourself. According to Jung, the image of kissing in dreams is likely to be rooted in memories of sucking at the mother's breast. If your sexual needs are repressed or denied, this may manifest in dreams about masturbation in an attempt to release sexual energy and comfort yourself.

Male Sexual Partner
In a man's dream, a male lover is a symbol of what you deeply crave, need, fear, hope for, or avoid. In a woman's dream, a satisfying sexual experience with a man you know or don't know can suggest a harmonious union with the masculine aspects of your character, and your power to be competitive and challenging in the world; an unsatisfactory sexual experience with a man would suggest the opposite. Sex with more than one man would represent different aspects of yourself. Sex with an ape or wildman would suggest sexual urges at odds with your present circumstances.

Virginity, Loss of

If you dreamed of losing your virginity and you are a virgin in real life, your dream may have mirrored your fear or anticipation of the event. If, however, you are no longer a virgin and have a dream like this, your unconscious could be referring to a loss or innocence or sense of disillusionment in your waking life. Perhaps a friend wasn't as kind or thoughtful as you thought they would be or someone let you down.

Disturbing Sexual Dreams

Abandonment

If you dreamed of being lured into bed by a person with sexual magnetism only to be rejected or criticized after the sexual act, your unconscious may have been warning you to steer clear of the archetypal huntress or siren if you are a man, or the archetypal wastrel if you are a woman.

See also **Loss.**

Animal

Enjoying sex with an animal, such as being caressed by a bear, is the way that your dreams describe your basic sexual urges at their most basic and uncomplicated level. It doesn't mean you are weird. In such dreams, you are simply dispensing with social conventions and experiencing lust.

Assault

If you have been the victim of sexual assault and dream of being sexually assaulted, your dream may have recreated the attack as a sign that you have not yet come to terms with it. If this is the case, it might help to seek counseling to deal with the pain, guilt, anger, and fear. If this is not the case, try to identify your dream attacker. Is it someone in your life who has a powerful or domineering influence over you, or someone with whom you are having a dispute? If the attacker is either of these, your unconscious may be depicting your sense of having no choice but to submit or go along with things. You may have a strong fear of being humiliated if you lose the struggle. Alternatively, you may have detected that this person is a threat or danger to you.

Castration

In a man's dream, castration suggests loss of masculinity and sexual power, or anxiety about satisfying a partner sexually. In a woman's dream, castration

may also express fears that someone wants to disempower you in some way; but it could also reveal hidden aggression against a man in your waking life. Bear in mind that there are many possible symbols for castration such as cutting off a necktie or destroying a tall building.

Distressing, Violent, and Graphic Images

In the 1800s, sexual dreams were considered to be a great source of worry to the men and women who had them because, at the time, sexual dreams were thought to cause mental and physical illness. It is, however, over-simplistic to describe all sexual dreams as a form of frustration or wish-fulfillment. The desire to have sex is a healthy human urge and your dreams allow you to give free rein to this urge as well as to indulge in all kinds of erotic experiments in which no emotional or physical harm is inflicted upon any one. If you do wake up from a dream in which you have had sex with someone inappropriate or that contains graphic, disturbing, or violent imagery, there is most likely to be a non-sexual interpretation. However, if you do find the dream distressing and it repeatedly recurs, be sure to seek professional counseling. Unless your erotic dreams are seriously disturbing (when psychiatric help should be sought), there is no reason why you should not enjoy them like any other fantasy.

Domination

Dreams in which one partner dominates the other often have sexual overtones. If you are in the role of dominator, this may mask sexual insecurity; if you are in the role of the submissive, this may mask incestuous desire for a parent. On the other hand, such dreams may stem from the strong desire to gain the upper hand in a relationship. Whips often symbolize a desire for, or fear of, domination in dreams. A similar interpretation can be attributed to accompanying sado-masochistic equipment such as silver chains, leather clothing and straps, and black boots and heels. Fetishes are a fixation on an external object without which there would be no sex act, and in dreams they can highlight fear, immaturity, and a lack of libido.

Inappropriate Partner

If you are in a committed relationship and dreamt of sleeping with someone else’s husband or wife or someone who is sexually off limits, such as a cousin or your doctor, remember that the message from your unconscious

may not have been that you desire that person, although this is a possible interpretation, but that you would like to have a closer emotional connection to them. If you wake from such a dream with feelings of remorse, perhaps you have been unfaithful or less than honest with your partner in other ways. It is also worth bearing in mind when trying to interpret dreams that depict you making love to someone who plays a major, but definitely non-sexual, part in your life that your unconscious may simply be reflecting your waking preoccupation with them at the same time that you are becoming sexually aroused. So if you dreamt of making love to your unattractive boss, it may simply have been a coincidence that they stepped into the lover role in your dreams.

Incest

This is one of society's great taboos and if you had a dream in which you slept with your brother, sister, mother, father, or any close relative, you may awake feeling utterly violated and repulsed. When your unconscious creates such images in your dreams, it is not attempting to highlight any form of sexual attraction but is showing your preoccupation with that person in some other way. Perhaps you are extraordinarily close to your brother or sister and your unconscious is trying to shock you into independence. Another interpretation suggests that you are involved with someone who has qualities similar to your relative. Alternatively, you may be picking up on something unwholesome or unhealthy about a current relationship.

Rest assured that incest dreams are entirely normal. Dreams about having sex with relatives are not about you being aroused by them sexually or about actual incest, but about something about that relative and what they represent to you. What aspects of their lives or personalities can you learn from or need to incorporate within yourself to grow?

Masochism/Sadism

The desire to hurt yourself through sex in dreams is a symbol of guilt or the desire to feel extreme emotion. Perhaps you are not allowing yourself to feel deeply in waking life? In dreams, any form of sadism would suggest a counterbalance to the dreamer's conscious way of being in the world. For example, a timid person may have dreams of sadistic sex as an escape mechanism; similarly, a domineering person may have the dream to show an unconscious need to be controlled. The explicit eroticism of sado-masochistic

acts could also suggest a battle of wills or extreme sexual tension.

Orgy
The Victorians suggested that dreams of orgies suggested fear of catching syphilis in men and a woman's concern about being labeled frigid. Modern dream analysts, however, suggest that orgies serve as a safety valve to temper propriety and moderation in waking life.

Pornography
If you find yourself enjoying pornographic photographs or films in your dream, this suggests that a small part of you is not as repelled by pornography as you like to think it is. Such a dream may be urging you to relax more about your attitude toward different types of sexual behavior and to be more open-minded.

Prostitute
If you are a man and dreamed of visiting a prostitute or wandering in a red-light district and your sex life is unsatisfactory in the real world, it may be that you are considering relieving your frustration in the same way. If you are a woman dreaming of working for a pimp or as a prostitute or visiting the red-light district, your unconscious may be craving an element of danger or you might desire to have power over men. If the dream left you feeling violated and disgusted, this suggests that in real life your partner may just be using you for sex or taking advantage of you in some other way. Alternatively, do you feel that you have prostituted yourself in some way in waking life?

Rape
Dreams of rape or of being raped can suggest that you are feeling overwhelmed in some way by events in your life or that other people are dominating you. Images of rape appearing in dreams can also be associated with the violation of personal space. In rare instances, such a dream can express emotions that have been rejected or lingering pain from past experiences returning to haunt the dreamer.

Sexual Inadequacy
Dreams in which you feel inadequate, impotent, or embarrassed during sex

are in no way predictive and most dream analysts suggest that they are a way for your unconscious mind to vent its frustrations and anxieties. To imagine voyeurs watching or spying on you during love-making suggests unease with your sexual performance.

Sexually Transmitted Diseases

To dream of any form of sexually transmitted disease (STD) suggests feelings of some kind of contamination; these may not necessarily be sexual but could also be emotional.

Ten Commonly Reported Sex Dreams

Sex with an ex: This is perhaps the most common sex dream and it does not mean you want a reunion. What you want to recapture in your life is what that person represents – either passion, excitement, the thrill of love or simply feeling desired and alive.

Sex with a mysterious stranger: This represents some aspect of yourself that you need to deal with or acknowledge, especially if the stranger has no face.

Sex with a friend: Something about what that friend represents to you needs to be integrated into your own personality. It does not necessarily mean you are attracted to them sexually.

Sex in public: If you are having sex in a public place, or at work, this suggests that you are consumed by what other people think about you, or preoccupied with work.

Sex in a group: This suggests that your waking life is rather confusing at the moment and a little too much is going on. You need to simplify your life and slow down a little.

Sex with someone you are not attracted to or dislike: Something about this person – a personality trait or skill or quality – is needed in your own life. It does not mean you are attracted to them sexually.

Sex with your boss or a teacher: These people have or had power or influence over you in your life so this dream suggests that you need to be in charge of your own life more. Also, if you dream of a teacher, consider what subject they taught you. Your dreaming mind may be sending you a message for your personal growth.

Sex with your partner: This expresses your desire for greater intimacy or honesty with your partner.

Sex with someone who is not your partner: This is entirely natural and normal. It is simply your dreaming mind encouraging you to avoid sexual routine and keep your relationship steamy.

Sex with an animal: This represents your sexual libido at the most basic and uncomplicated level. It doesn't mean you are weird. You are simply dispensing with social norms in your dream and experiencing lust.

SHADOW Did you dream of someone, perhaps a stranger, or someone you know, who behaved in a repulsive, hateful, or shocking way and your instinctual response was one of loathing? If so, you may have encountered your shadow. In waking life, your consciousness represses your shadow, but in dreams it can come to the fore. A useful indicator of your shadow is the quality you despise most in other people, such as boastfulness or cowardice. When your shadow appears, it may be telling you to embrace that part of yourself you find hard to accept, so that you can enhance your creativity.

The shadow is the unacceptable or unknown aspect of ourselves. It derives from our pre-human, animal past, when our concerns were limited to survival and reproduction, and when we weren't self-conscious.

Symbols of the shadow include the snake, the dragon, monsters, and demons. It can appear in many different dream disguises: a foreigner, prostitute, murderer, thief, stranger, alcoholic, drug addict, rapist, burglar, servant, or someone following you. It often guards the entrance to a cave or a pool of water, which is the collective unconscious.

The shadow is not always represented as an enemy in dreams. It often contains values that are needed by consciousness and only becomes hostile when ignored or misunderstood. Although it suggests the 'dark side' of the ego, the shadow is actually amoral – neither good nor bad, just like animals. An animal is capable of tender care for its young and vicious killing for food, but it doesn't choose to do either. It just does what it does. It is 'innocent'. But from our human perspective, the animal world looks rather brutal, inhuman, so the shadow becomes the part of ourselves that we can't quite admit to.

SHAPES You may not realize how often shapes and patterns appear in your dreams but if you were reading a book you were holding a rectangle; if you paid someone a coin, you were using a circle, and so on. Whether they

are dots, spirals, circles, crescents, stars, triangles, squares, or crosses, shapes, and patterns are just as much an everyday part of your dream world as they are a part of the real world, although when they feature in dreams their significance can be heightened. This is because shapes and patterns are considered to be among the most ancient and powerful of archetypal symbols, and, according to Jung, they can reflect the very structure of your mind. From the very beginnings of humankind when our ancestors first recognized that the moon often became a crescent and that the sun was a circle, the human mind has been conditioned to read meaning into shapes and patterns. In much the same way as absent-minded doodling can reveal information about your unconscious mind, many modern dream analysts believe that shapes and patterns in dreams are a visual presentation of your psychological state or inner world. Bear in mind that the number of sides the shape has, as well as its color, will be important to any interpretation.
See also **CIRCLE, CRESCENT, CROSS, SQUARE, STAR, TRIANGLE.**

SHARK

The shark has a universal significance as a deadly predator, so if you dreamed of swimming happily at the beach but then were terrified to see a shark's fin circling around you, your unconscious may be alerting you to someone who is potentially dangerous in your waking world, perhaps even a loan shark who is offering you money at high interest rates. In their positive aspect, sharks reflect power, instinct, intelligence, and the ability to survive. In their negative aspect, sharks typically represent hidden fears that may have an intense impact on you. They are also terrifying symbols of death, destruction, and the killer instinct. In many cases, the shark represents the fears you may have about what it may mean to strike out on your own. If you are sailing over shark-infested waters in your dream, some things in your life may be compromising your individuality, or you may be experiencing conflicts that are pulling and pushing you in opposite directions.

SHEEP

See **ANIMALS**.

SHELL A symbol that indicates the barriers or defenses you may be putting up in your waking life to avoid being hurt.

SHELLFISH If a shelled mollusk, such as a scallop or cowry, caught your eye in your dream, this may suggest female sexuality. Dream shellfish – in the same manner as the crustaceans – represent the defensive shell you may use in waking life to avoid hurt or emotional involvement.

SHIP

See **SEA VOYAGE**.

SHIRT

See **CLOTHES**.

SHOES Is there someone in waking life that you wish to give the boot to? Boots and shoes are what we wear to protect our feet and give us good contact with the ground, so if they feature in your dream, do you need to make a special effort to keep in touch with reality?

What kind of shoes appeared in the dream? If they were hiking boots, perhaps you long to travel and explore? If your dream shoes were shoddy, are you feeling downtrodden in waking life? If you were walking over someone in your dream, especially if you were wearing heavy clogs, is this literally true in waking life? Whose feelings are you treading on with your heavy feet? Shoes often represent your chosen way of life in dreams or the character traits developed to deal with life. If the shoes belong to a particular role or activity, for example ballet shoes for dancers or nurses' shoes for those in the caring professions, this may indicate a need for the qualities of that role or activity. More generally, shoes and garters in dreams have also traditionally represented sexuality.

If you are changing boots or shoes, has there been a recent change in circumstances as in 'the shoe is on the other foot'? If you are taking off your shoes in the dream, it might suggest that you are leaving your past behind and feel open to change. If your shoes are painful because they pinch and rub, is your freedom of movement being restricted in the waking world? Or have you been feeling a financial pinch recently? If you are wearing someone

else's shoes, your unconscious may have been urging you not to judge someone so quickly, because if you walked in their shoes you would understand how hard it is for them to make progress. If you are walking without shoes, you may be going through a rough patch or you may simply feel like letting go of your everyday responsibilities. And because of the association between shoes, shopping, and sex, dreams about shoes may also simply be erotic wish-fulfillment fantasies. In ancient dream lore, lacing up shoes in a dream was a well-known symbol of death, as were shoes on a table.

Socks in dreams often represent the cleanness or untidiness of a person, and therefore depict some kind of judgment about what sort of person they are or, if the socks are yours, how you see yourself. Socks can also be associated with warmth and protection, or with certain roles such as those that football, tennis, or hiking socks represent; expressions such as 'pull your socks up' or 'knocked my socks off' suggest a motivating or powerful experience. If the socks are full of holes in your dream, this may suggest that you feel demoralized in some way. If, however, you were waving a sock to someone, were you warning them, as might be suggested by the phrase 'sock it to them', or were you trying to get them to impress you, as might be suggested by 'sock it to me'?

SHIRT

See CLOTHES.

SHOP/SHOPPING In dreams, shops suggest what you want or think you need in waking life. If you are in a shop you know, then you are aware of what you want from life, but if it is an unfamiliar shop, then you need to open your mind to new possibilities. Shops and stores are places of interaction, whether this is the exchange of money and goods, or the communication

between the salesperson and the shopper. In dreams, they therefore represent things you desire in life and the manner in which you go about getting these things. A supermarket, for instance, suggests a wide range of choices, a village store represents the essential things in life, while a store or website selling a range of odds and ends – such as an antiques store, an auction site on the Internet or even a yard sale – suggests the small details of everyday life that are often overlooked. Your dream may be urging you to pay attention to these.

If your dream was quite mundane and you saw yourself doing your weekly grocery shop, then your dreaming mind may simply have been processing a memory or reminding you that you need to go shopping. Alternatively, such a dream may be suggesting that you are taking good care of your basic emotional needs. If, however, you had a dream in which you could not decide what to buy, this may be referring to some kind of confusion or indecision in waking life. If someone you know in your dream transformed into a sales assistant, your dreaming mind may have been commenting on the emotional cost of your relationship with them.

Bear in mind, too, that while stores, supermarkets, and shopping malls are places of opportunity and choice, they also threaten potential exclusion and humiliation if you do not possess the necessary funds; your feelings about going on your dream shopping trip should indicate whether or not you are feeling empowered or denied in your waking life. If you dream that a shop is closed or that you have insufficient money, this may indicate that you feel the things you want from life are unattainable. Your dream may be telling you to lower your expectations and set more realistic goals. Finally, if your idea of heaven is to go on an exclusive shopping trip and spend loads of cash in luxury stores, then a dream of having a day doing just that may be simple wish-fulfillment.

Shopping often represents the possibilities in life, the decisions you can make, the variety of attitudes or activities from which you can choose, or something for which you are searching. The image of shopping presents a view of your life’s prospects and opportunities; it also represents the exchanges you are prepared to make to satisfy your desires. What you are shopping for may be relevant. If you are shopping for food, you need sustenance but if you are shopping for clothes, you need protection. How much you buy in your dream may indicate your ability to take advantage of opportunities.

Not finding the item you want or discovering that the store has sold out of it may express frustration at not getting what you want out of life. A much-reported shopping dream involves the panic at closing time. Not being able to buy all you want before the shops close suggests anxiety that life is too short to achieve all your ambitions. Shop windows are symbols of opportunities in waking life that may be out of reach. The image may evoke frustration or envy that you are missing out on the good things in life, but it can also remind you that you still have the choice to seek out more accessible and affordable items.

SHOPPING MALL/CENTER Shopping centers or malls are associated with making choices and in many dreams they serve as the backdrop for meeting friends, or trying to find the right item for yourself or someone else. Typically, these dreams feature friends and sales people; this suggests that such dreams aren't associated with work but are about your social life. If you encounter obstacles or get assistance on your dream shopping trip, these may symbolize real-life forces, both internal and external, that play a role in the choices you make in waking life and the satisfaction you experience. Women and teenagers tend to have this kind of dream more often than men or children, and the theme for these dreams tends to be choice and identity, and the ability to stay true to yourself while also satisfying the needs of others.
See also **MONEY**.

SHOT
See **GUN, WEAPON**.

SHOULDER
See **BODY**.

SHOUTING Arguments and shouting in dreams, as in waking life, suggest that you are feeling in conflict or have opposing views on something or someone. Alternatively, they may be simply a release for negative feelings about someone or something that you are unable to express in waking life; in other words, your dream is allowing you to vent your frustration. The dream may also refer back to anxiety you experienced as a child when your parents

were fighting and you felt powerless to stop them.
See **VOICE**.

SHRIMP If a shrimp appears in your dream, this may represent rivalry or resentment toward someone, as ‘shrimp’ is often a disparaging nickname. But when coupled with the mother image of the sea the shrimp may represent the reawakening of dormant sibling or childhood rivalries.

SICKNESS In dreams, indigestion suggests an idea or attitude that does not agree with you or which you are finding hard to stomach in waking life; it may be something you have taken in, or upon, yourself that you did not realize was toxic when you welcomed it. We are ruled by our emotions and the stomach – being a nerve center which reacts to negative stimuli – is often the first to register changes in our emotional state. The dream may also point to actual indigestion. Alternatively, could your stomach have been protesting in your dream because it is literally crying out for nourishment, either literally or because you are feeling starved of love?

If your intestines were the source of discomfort in your dream, could your unconscious have been focusing your attention on them to ask if you have the guts to do something that you have been dreading? If you felt nauseous or sick in your dream, your dreaming mind might have been trying to pinpoint a bad or negative feeling in waking life with which you need to deal; if you were physically sick in your dream, this suggests you were getting rid of it. Perhaps you are sick of a job, a relationship, or a situation in waking life. A dream of a stomach ache may refer to your having to stomach someone or something, and feeling unable to do so. Try to discover who or what is upsetting you.
See also **HEALTH**.

SIDEWALK If you are walking on a sidewalk or pavement in your dream this suggests public activities or the place where you are open to the influences of others. It can also indicate the direction you are presenting heading in.

SIGNATURE A symbol of the mark you are leaving on the world around you.

SIGNPOST Dreams of signposts are a potent symbol of the need to make choices and changes in your waking life. If the sign bore words, can you make any connections with your waking situation? Did you follow the directions or decide to take a different route in your dream? If you followed a different route, your unconscious is urging you to depart from the route you are following in your waking life.

SILENCE If you hear nothing in your dream or are conscious of silence, this suggests uneasiness, unspoken feelings, or being unable to voice your feelings. It can also suggest expectancy or waiting for something to happen. If someone is silent when you expect them to speak in the dream, this suggests that you are unsure about what part of yourself to present in waking life or how to react in some situations. When you are silent you can't explain your feelings or opinions, so the image could also suggest inhibition caused by your own insecurity. A spiritual interpretation would suggest that temporary silence and withdrawal from the bustle of daily life may be needed right now.

SILK

See **FABRICS**.

SILVER

See **COLOR, METAL, MONEY**.

SILVERWARE As food is associated with emotion, a dream of eating with silverware that is old, rusty, or inadequate or wrongly used (for example, trying to eat soup with a fork) may suggest you are attempting to satisfy your emotions in an inappropriate way. If, in your dream, the spoons, knives, and forks are shiny and glittering, this could indicate a contented home life. Forks are often associated with social interaction and they may indicate a future event you are looking forward to. They may also suggest trying to get to the root of problems. A rusty or twisted knife in a dream can indicate relationship or family problems. If both a knife and a fork appear in your dream, they may represent the masculine and feminine elements of your personality, and how you express and balance the two in waking life. If a spoon appeared in your

dream and you saw a distorted picture of yourself reflected in it, this suggests a distorted view of yourself. If you were eating or drinking anything from the spoon in your dreams, this may relate to someone, or something, in waking life that you want to protect. If the spoon contains medicine, there may be an unpleasant lesson for you to learn, or swallow, in waking life. Silverware in dreams may also suggest a desire for domestic security or the taming of aggression. Spoons may have a similar symbolism to cups, but they can also represent a desire to be spoon-fed. A teaspoon may be telling you to take things in one step at a time. A silver spoon may refer to someone you envy. A colander or sieve may be seen as standing for the process of developing a new outlook on life and sifting out unhelpful attitudes and ideas.

SINGING If you hear singing in your dream, this suggests that you are, or need to be, in touch with your emotions and creativity. Singing is a way of raising your vibration to a higher level, emotionally and spiritually. If you are singing, this is a pure expression of joy and love of life. If you are singing alone, you have learned to enjoy your own company. If you are singing in a choir, you are able to express yourself well in a group.

SISTER The sister in dreams usually represents the feeling, expressive side of your personality and you can make contact with that side of yourself by understanding your sister's personality. If a man dreams of older sisters, it can represent anxiety but also caring. If the sister is younger, however, she can symbolize the vulnerable side of the male dreamer. If a woman dreams of younger sisters, it can suggest rivalry, but if she dreams of older sisters, she may be concerned about her own practicality.
See **FAMILY**.

SITTING To dream that you are sitting indicates indecision and not knowing what to do with your life. It could also suggest laziness. If you get up in your dream this suggests that you are asserting yourself and feeling proud of your achievements.

SKATING Dreams of skating suggest that the dreamer is enjoying their life. If you are performing like a professional skater (and aren't one), this could suggest that you are about to take off in some way in your waking life.

If, however, your skates are out of control, this could suggest that in your quest for enjoyment you are acting recklessly. On the other hand, this dream could be telling you to get your skates on and put more pace and activity into a particular project or relationship.

SKELETON
See **BODY**.

SKIING
See **SPORTS**.

SKIN
See **BODY**.

SKIPPING To dream that you are skipping suggests you need to be more light-hearted and friendly in waking life. Alternatively, the dream may indicate that you have skipped something important.

SKIRT
See **CLOTHES**.

SKULL
See **BODY**.

SKY In dreams, the sky often represents the mind or your thoughts. It can also suggest your potential. Floating or flying in the sky can indicate that you are trying to avoid the mundane or are exploring your potential. If the sky is dark, it can suggest a mood of gloom; but if the sky is bright, it suggests joy. The daytime sky represents infinity and a star-studded sky is a symbol of the unconscious.

Jung saw the night sky as the most suitable place onto which people could

project their unconscious desires. The symbolism of the constellations and Zodiac signs are archetypal expressions of the inner world of the unconscious. The image of a blue sky in your dreams may suggest spiritual aspirations but it is also a symbol of contentment. Most dream traditions suggest that to dream of a blue sky brings good luck, while cloudy skies are a harbinger of misfortune. Some claim that to dream of a red sky foretells a terrible disaster that will befall the nation.

SKYSCRAPER Freudian dream interpreters relate towering structures in dreams to phallic symbols, and therefore to macho tendencies on account of their thrusting shape. So if you dreamed of a skyscraper has this highlighted your ambitions to rise above everybody else? In both the waking and sleeping world skyscrapers are symbols of elevated social and professional status and the 'greed is good' creed, so if you dreamed of them your unconscious may have been highlighting your waking ambition.

SLIPPING To dream that you slip or that you make a slip of the tongue suggests that you are doing things you do not really want to do, or saying things you do not really mean. If you stumble but do not fall, it may suggest that you will meet obstacles but will be able to surmount them. If you fall, obstacles may lie in your path in waking life and you need to find a way to work round them. Trying in vain to climb a slippery slope suggests you may have taken on more than you can cope with, and are in danger of backsliding under the pressure. It could also be a warning against being a control freak; you cannot control everything and everyone, and need to show more regard for the views of others. To dream that you trip up or stumble indicates that something is out of control in your waking life and you need to deal with it. Things are not going as smoothly as you want, as you are faced with minor obstacles. It could also indicate social awkwardness; perhaps you are worried you might get off on the wrong foot. Does your self esteem need a boost, or are you simply not looking where you are going?

SLUG If slugs feature in your dream, this can suggest any of the following: that you are lacking in energy or vitality, functioning below par, being unenthusiastic or making slow but steady progress. They could also suggest a devious, unmannered or deceitful person, a slug or slime ball, that you are feeling vulnerable, or that you or someone else is being spineless and is acting in a cowardly manner.
See also **INSECTS.**

SMELL
See **SENSES**.

SMOKE Smoke, embers, and ashes are associated with fire in dreams but they also have their own associations. If clouds of black, choking smoke appear and there is no fire, what are you missing in waking life as there is no smoke without fire? Smoke and smoking in dreams typically suggest a feeling of danger and if you are smoking, you are trying to control your anxiety. Smoke can also represent passion that has not yet flared into being. Contradictory interpretations are that smoke signifies cleansing and purification, as with incense, or contamination. If you watched the glowing embers of a dying fire in your dream, this may suggest either that a passion is dying out, or a fondness for someone or something just won't die out. It could also suggest that underneath your calm exterior you are smoldering with anger and resentment.
See also **ASHES.**

SMOKING If you do not smoke in everyday life and find yourself lighting up in your dream and enjoying it, this suggests an addictive pattern in real life that may be related to unhealthy eating patterns or even relationships. In some cases, the image can represent unhealthy thinking patterns, such as anger, jealousy, or obstinacy. Knowing that your unconscious has sent you this warning should be enough encouragement to take a look at what is trying to control you and reduce the risks involved. A desire for sex may be expressed in the dream imagery of a cigarette placed between the lips and cupped in the hands when being lit, while a stubbed-out cigarette may signal the end of a love affair. Lighting a match could express the dreamer's desire for enlightenment and spiritual love, matches that refuse to light express

spiritual doubt and dead matches symbolize loss of faith. A cigar's oral and masculine associations have been related to latent male homosexuality, although the cigar-smoking Freud discouraged overdoing this sexual symbolism with his famous comment, 'sometimes a cigar is just a cigar'.

SNAIL If a freshwater or land-based snail featured in your dream, do you wish to creep into your shell or, as snails move slowly, is a project taking longer than you thought in waking life? Other interpretations for snail include: lacking in vitality or enthusiasm, needing to slow down or speed up, being ready to protect or defend yourself, and feeling at home wherever you go.

SNAKE

See **REPTILES**.

SNOW A dream that features snow has a similar interpretation to dreams that feature frost, only this time the message is highlighted ever more. Snow in dreams could reflect your emotional isolation or a cold interaction with someone close to you in waking life. Alternatively, the dream could be suggesting that you have shut down your emotions as a self-defense mechanism to protect you from getting hurt. If, however, the snow was thawing in your dream or you were playing in the snow or throwing snowballs, this indicates that the icy mood is slowly warming and melting. Alternatively, do you feel snowed under with responsibilities in waking life?

Snow is also a symbol of purity, but if a white blanket of snow is covering everything in your dream this could suggest that the rich complexities of life are being covered up. Dreams in which ice appears are symbolic of emotional rigidity or indifference to the feelings of others. The image may have been conjured up to warn you against narrow-mindedness and to urge you to open your mind to new possibilities.

SNOWDROP

See **FLOWER**.

SOAP Soap is a mundane symbol of cleanliness, most obviously symbolizing feelings of guilt that you want to wash away. It could also simply reflect a need to create more order in your life. If you were threatened in childhood with having your mouth washed out with soap when you spoke out of turn, to dream of the same may be warning you about casual obscenity.

SOCIAL MEDIA

We often dream in symbols that reflect our waking lives and as the majority of us now spend a lot of time online, it's not surprising that more of us are dreaming about the internet, being online, and using telephones and social media.

Social media themes appearing in dreams, such as dreams that feature apps or telephones, and other forms of communication for personal or work reasons, often refer to the image you present to the world and the way you interact or reach out to others. For example, if you are losing followers or likes in your dream this suggests you are feeling neglected or unappreciated. If someone blocks or unfriends you in your dream you may fear that others are distancing themselves from you. Getting no likes or follows or no one replying to you in your dream suggests that you need to reach out to people in a more personal and direct way: talk to people rather than messaging them. Dreaming about gaining likes and followers suggests that you want to expand your social circle. It can also suggest you are feeling appreciated, but if this isn't the case and you feel lonely in waking life your dreaming mind is sending you a wish-fulfillment image to show you that you need greater self-belief.

If you see nude pictures of yourself online in your dream, you are feeling exposed in some way in your waking life – or perhaps you are oversharing online and could benefit from some time offline, unplugged, and switched off. Dreaming about your files or personal profile being deleted carries a similar warning. You are spending too much time online and your real life is being neglected. Step away from social media. You can live without it.

Changing your profile picture suggests you want to change the way you are seen by others in some way. If you find yourself liking people's photos or

posts in your dream, pay attention to the person or post you are liking. Is there a hidden message there or something you can learn about yourself? If the post you like belongs to an enemy or an ex or someone you don't like, consider what aspects of that person need to be acknowledged within yourself and worked on.

If you find yourself logging into or scrolling Facebook to browse your newsfeed, this suggests you want to reconnect with your current friends or find out about friends from the past. Dreams about Instagram posts suggest that you want to expand your social circle and meet new people. Twitter dreams are an indication that you want to get your viewpoint across more efficiently and effectively. LinkedIn expresses your desire to network professionally, whereas Snapchat places the emphasis on the present moment and letting go of the past. If other social media or networking groups, forums, and chat rooms feature, pay attention to what these circles stand for in waking life as this will give you a clue to the dream's meaning. Your dreaming mind has chosen these images for a reason. Notice what you are doing on your social media in your dream. Do you have a clear purpose or are you wasting time? If it's the latter, your dreaming mind is urging you to redirect your energy from thinking about how you appear on social media to how you appear in your real life.

Taking selfies in your dream can indicate self-confidence, but if you feel anxious when taking the selfie then the message is that you need to spend more time concentrating on what you believe about yourself rather than what others think. If you share posts pay attention to the content of what you are sharing as it is likely to be something your dreaming mind wants you to be proud of or to let others know about. If the post you share is a negative one, then perhaps you have been indulging in gossip or you need to think about the impact of your words and actions and whether they are as positive as they could be.

Searching or using social media may indicate your desire to meet new people or be your dreaming mind's way of encouraging you to reach out to others in some way. However, if you can't find what you are seeking online, or don't even know what you are searching for, this suggests that you need to look outside the world of social media for a sense of identity, meaning, and purpose. Be aware too that social media can be associated with the creation of illusion. It is where many of us present a false self or identity and are not totally honest or true to who we really are, as what we post is a manufactured

reality. There is also the underlying theme of seeking validation externally or outside yourself: your dreaming mind may use social media themes in dreams as a way to encourage you to seek that validation from within.
See **INTERNET**, **MEDIA**, **TELEPHONE**.

SOCK
See **SHOES**.

SOFA
See **CHAIR**.

SOLAR ECLIPSE Solar and lunar eclipses can send a warning in dreams. If you watched the day become darker and colder as the sun seemed to disappear behind the moon, the message may be that the rational powers of your conscious mind are being overwhelmed by emotions (typically negative ones), or vice versa if it was a lunar eclipse. Another explanation suggests that in a man's dream a solar eclipse suggests a dominant woman in his life and in a woman's dream a lunar eclipse suggests an overbearing male figure. Is there someone in your life eclipsing your personality or putting you in the shade?

SOLDIER
See **UNIFORM, WAR, WORK**.

SON A son, like a daughter, is the fruit of your relationship with your partner; as such, in your dreams he can represent the state of your relationship with his father or mother. On the other hand, he can represent the need for the dreamer to express themselves. He can also suggest the youthful, playful part of yourself or your own potential. Dreams about your son may also have no symbolic meaning at all, and are simply about your own son. Are you worried about him? If you are a mother dreaming of your son, it can indicate ambition and hope. If you are a father dreaming of your son, it can suggest unfulfilled hopes and dreams. Dreams about someone else's son can indicate feelings about your own son. If you are killing your son in a dream, try not to be shocked; it reflects your anxiety about your son making a move toward independence. Traditionally, it is fortunate to dream about your son.

If you dream of your son getting married, there will be financial worries (easily explained by the cost of the up-and-coming wedding!).
See **CHILDREN, FAMILY**.

SONG If the lyrics of a song are clear or the tone evocative of a mood pay attention and see how everything applies to your waking circumstances.

SOUNDS According to Freud, there is no original speech or sound in dreams; sounds are derived from what is actually spoken or heard in waking life. Jungians, however, think that the sensation of hearing in dreams is a symbolic representation of an issue troubling you in your life. This is because sounds in dreams have a similar impact on us as they do in waking life. They carry information and can give rise to pleasure, fear, anger, and so on, depending on the sound. Therefore if a sound features clearly in your dream, the important thing is first of all to define your feeling reaction to that sound. Ask yourself if the sound is a warning or whether it carries information? Is it a positive sign or does it make you feel anxious? Sounds can sometimes have great power in dreams and if they cause something to happen, they suggest a use of positive will, a positive and confident expression of your desires that encourages results. Bear in mind, too, that sometimes your dream incorporates sounds such as an alarm clock or the traffic outside your bedroom, weaving them into the dream's symbolism

SPACE/SPACESHIP Space is a powerful symbol of thinking outside the box or going beyond limiting concepts or boundaries. If you are traveling in space or become an astronaut in your dream, this suggests an expanded awareness of there being more out there than merely your own personal experience. Alternatively, such images may suggest that you are feeling out of touch with reality or other people, or that you feel ill at ease with yourself. If your dreams take you through the boundless infinity of space it can be both unnerving and exhilarating, and such a vision may suggest changes in circumstances that have the potential to offer independence and freedom. If you dream of traveling by spaceship or shuttle, this suggests your intuition or a means of exploring your inner resources. Space in a building or landscape represents your potential or those opportunities that are available to you. To be 'spaced out' is to widen your personal boundaries through the use of

stimuli, some of which may be illicit. Space is also a representation of your cosmic center or place that is, was and ever will be. This idea can widen your present view of the world.

SPADE
See **TOOL**.

SPARROW
See **BIRDS**.

SPEAR Phallic symbols such as swords and spears may represent a man who is influencing your life in some way. The image may also indicate a need to be more assertive.
See **SWORD**.

SPECTACLES
See **GLASSES**.

SPEED This suggests impatience or a desire to move forward with your life. It can also be a symbol of recklessness or difficulty meeting the demands of others.

SPELL
See **MAGIC**.

SPICE
See **FOOD**.

SPIDER
See **INSECTS AND ARACHNIDS**.

SPIRIT
See **GHOST**.

SPLINTER This symbol suggests minor irritations or hurtful remarks that are causing pain.

SPOON

See **SILVERWARE**.

SPORTS If you dreamed of being an individual competitor in a game of tennis or golf or engaging in solo activities such as running or gymnastics, your dreaming mind may have been turning the spotlight on your self-sufficiency. If you can remember who your opponent was in your dream, is this someone you are battling against in real life? Did you serve ace after ace in your dream or hit that elusive hole-in-one? If so, then your unconscious is referring to what you feel is an outstanding performance or ability in waking life. Are other people there to admire your success or is your triumph a lonely one in your dream? If, however, you missed a shot or putt, this suggests that your current lack of discipline or dedication is weakening your chances of success in the real world. Unless you can find focus and dedication, you may end up being the loser. If you performed badly in your dream because your racket or club had a fault or broke into pieces your unconscious may have been advising you to update the tools of your trade because they are slowing you down or hindering your progress.

The sexual symbolism of fencing is impossible to ignore given the thrusting nature of many of the moves. The focal point of the dream may well be when the opponent takes off their mask to reveal who you have been fighting. Is your mystery opponent a person you know in waking life or your own unconscious hostile urges? A dream in which you play a friendly game of golf, enjoying both the game and the company, is a positive sign that suggests a sense of contentment in your waking life. However, to record a poor score suggests that something or someone in your real life is trying to undermine you. To dream of a tee will most often point to an irritating element in your life or something you want to put behind you or get rid of. To dream of being a diver suggests a course of action that has to be followed through, no matter what.

Dreams which relate to sports in general are usually positive but they can also reveal your competitive spirit. They should not be taken literally, as they rarely relate to sporting prowess; they are used by your dreaming mind as a

metaphor in your waking life to represent your attitude to winning and losing, and how you play the game of life. Whatever your chosen sport, to see yourself winning fairly and cleanly without resorting to cheating is an empowering symbol that should have a positive influence on your waking life. As a dream message, it is important for you to defeat your dream competitors in as honest a way as possible; so dreams of winning by cheating or competing against people who are weaker than you suggest a disheartening struggle ahead, as fair play is a crucial concept for your dreaming mind.

A dream of performing on an athletics track may refer to how you feel your performance rates when compared with others in waking life. Are you way ahead of the rest or struggling to keep in the race? Whether you were performing the high jump or throwing a javelin or taking part in a relay in your dream, if you were powerful and successful, your unconscious may have been indicating how successfully and rapidly you are advancing in waking life toward achieving your goals. Dreams that feature running, cycling, skiing, and skating may also be commenting on your progress, or lack of it, in waking life. For example, if you dreamed of putting on a pair of skating boots, perhaps your unconscious is urging you to put your skates on and make an extra effort; or perhaps you need to be aware of the metaphorical phrase ‘skating on thin ice’. If you dreamed of cycling or running down a bumpy road, have you hit a difficult patch in waking life? If you dreamed of skiing down a piste and tumbling headlong down the slope, are you in danger of losing control in waking life? Going down a mountain is a classic Freudian symbol of sexual intercourse but with the added thrills and anxiety implied by skiing.

SPRING Dreaming of the spring season means that new beginnings are in the future. It is a symbol of optimism and rebirth and may represent new ways of thinking or behaving or a new project. It is also a symbol of youth, childhood innocence, and first love. However, as spring is the first of the seasons the image also warns against enthusiastic optimism leading you into making unnecessary mistakes.

SPY If spies feature in your dream or you actually become a spy, this can reveal a disturbing ambivalence, or lack of trust and love, toward someone or something in your waking life. Alternatively, spies may be an analogy for

whatever worries you or gets you down. The image may also refer to loss of privacy or feeling as if you are being observed or watched. If computer spyware features in your dream, this suggests that you may be concerned about your privacy or that you are retrieving personal information about someone else's private affairs.

SQUARE Squares are very stable and well ordered, and they indicate things that are down to earth, the physical reality, and the materialization of ideas and plans. Leonardo da Vinci's depiction of a man in a circle in a square represents the complete balance of the various aspects of human nature. Squares also suggest the four directions on a compass. It could be that you seek stability and order in your life, and aren't quite sure how to achieve these. Look at how the square is used in your dream for a hint as to which direction to take. Squares represent the material world with its stability but also its limits and restrictions. Squares are dreamt about most often by those trying to bring order into their lives.

If you dreamed of a square – be it a square room, a city square, a television screen, a book, or a paving slab – the reference may be to your own stable, dependable personality. On the other hand, are you trying to find a solution to a problem that vexes you? Squares can also represent feelings of restriction or the boring, tedious, day-to-day grind of life, so in dreams they could be reflecting stagnation, inhibition, and your need for freedom and excitement. If you dreamed of a cube, this is a symbol of wisdom, truth, and perfection as it gives depth and stability to a square. The cube may also stand for a house, and is therefore a symbol of the self. If you or another person are within a cube in your dream, this represents you. If the cube is in the form of a die, it suggests life's uncertainties.

SQUIRREL

See **ANIMALS**.

STAB This image suggests feeling wounded by someone else's actions, remarks, or attitude. If you are doing the stabbing, however, it suggests a desire for independence or freedom from a relationship or situation.

STABLE

See **FARM**.

STAGE To be on stage in your dream suggests a desire to become more visible. If the stage is open air, this suggests communication with a large audience, not just a selected few. If the stage is moving, this indicates your desire to keep moving, even when acting a role. Carl Jung once wrote, 'The whole dream-work is essentially subjective, and a dream is a theater in which the dreamer is himself the scene, the player, the prompter, the producer, the author, the public, and the critic.' In other words, dreams are themselves like a theater in which your problems, hopes, and fears are acted out by characters generated by your imagination. To dream of a theater is therefore like a dream within a dream. If you dream of watching or acting a play, pantomime, or circus, consider what aspects of your personality each character represents. Do these characters raise the curtain on some of your most poignant questions and experiences in life? This dream is showing you your life, the way you behave, and the way you present yourself to others from a new perspective. The scenes being played out are typically ones that are being played out at present; they are experimenting or exploring an idea, relationship, or situation. For example, if you watched members of your family or a group of friends performing a play, your unconscious may be telling you that in waking life they may be deceiving you in some way or not revealing their true feelings. If the stage was empty, your unconscious may be referring to the lack of creativity in your waking life and the need for more color, variety, and stimulation. A curious superstition claims that if you dream you cut new teeth, it is a sign that you will hear of the birth of a child who will do great things in theater.

STAGES OF LIFE In his 1930 essay 'Stages of Life', Jung postulated four stages of life – childhood, youth, middle age, and old age – based on his own clinical observations. He viewed youth as a period of expanding consciousness, middle age as a period of questioning long-held convictions, and old age as a period of increased introspection and preoccupation with self-evaluation. According to Jung, dreams are important tools of self-discovery for you, whatever your age or life stage. This is because in every stage of your life you will face many challenges: emotional, intellectual, spiritual, and physical. These challenges can trigger fascinating dreams, some

of which can help you to meet those challenges and pass on to the next phase of your development.

Jung believed that what prevents people from becoming independent, fulfilled, and ultimately happy is their refusal to open themselves to change or to new and unfamiliar experiences that potentially threaten their sense of self. His approach to finding balance in every stage of life was through the analysis of dreams and a process he called 'individuation'. Dreams are a powerful tool for self-discovery and individuation is a self-analysis, a self-discovery, a way of analysing your own reactions and responses at every life stage so you can discover what truths lie underneath your conscious and egocentric personality.

Developmental dreams seem particularly to reflect the typical stresses, questions, and issues you may face at specific times in your life. This makes sense as you would expect the dreams you had when you were 15 to reflect the concerns of your life as a teenager, just as you would expect the dreams you have now to have evolved into a mirror of your current situation and age group. Bear in mind, however, that how the stresses and challenges of your current life stage is represented in the dream world depends upon your personal circumstances, your sleep patterns and your ability to remember your dreams. Bear in mind, too, that it is possible to have any one of the following dreams even if you don't fit the life-stage profile that coincides with it.

For childhood and teenage dreams see **ADOLESCENCE**, **BIRTH**, **CHILD**; for the final stage see **DEATH**.

Young Adulthood

Whether you left home at 18, 22, or 35, there will have been a point in your life when you struck out on your own. Your dreams during that period would have reflected your urge for independence and sense of adventure, mingled with the fear and uncertainty about your ability to cope on your own. In your early twenties, your dreams may therefore center on battles of some kind. They may also focus on your ability to perform well at school or work. The characters in your dream are likely to be less well focused than your own, suggesting that your adult identity is yet to emerge.

Dreams at this time may also be marked by separation anxiety. This is because most twenty-somethings do not yet have a strong sense of identity; their dreams will therefore reflect a wish to become a child again, go home or

avoid growing up in some way. For example, you may dream of your grown-up self being back in your childhood bed, with your mother reading you a fairy tale. Such dreams may be viewed as an attempt by your dreaming mind to fulfill parental functions yourself; in other words learning to take care of yourself in a responsible caring way.

One's twenties are also the decade in which we try on possible relationships and careers to see if we can find the perfect fit; not surprisingly, your dreams during this life stage may reflect your concerns and anxieties, often containing scenes and situations that are frantic and frustrating. Your focus may be on split-second mistakes, such as taking wrong turns in a vehicle, being unable to find your keys, going to the wrong examination room, and so on.

By the time we reach our early thirties, we tend to be more realistic about what we can do in life and what constitutes a perfect partner; your dreams will reflect a sense of resignation but may also start to contain elements of frustration. Conflicts between what you hoped for and reality may be played out in your dreams. Many of us decide to have children in our twenties and thirties; this decision can stimulate some interesting dreams. If you are not in your twenties or early thirties, a dream about this stage in life may reflect a longing for excitement and adventure, whether you are a teenager or a pensioner.

One very common dream during our thirties is that of missing a plane or train. In this dream, you have packed your bags, rushed to check in but there is trouble with your ticket, seating, ID, or passport. Eventually you manage to break free and run for the gate but the flight, boat, or train leaves without you. This kind of dream is very common for people who are juggling responsibilities and trying to advance their careers; the plane in the dream represents your ability to move to the next stage in your career. The frustration and disappointment in the dream reflects an internal experience rather than a situation in waking life. If you have this dream, your dreaming mind is telling you that running faster, working harder, or taking on more responsibilities is not always a solution.

Many young mothers have nightmares in which they go off to do some errands and completely forget their child or children in a restaurant, office, or shop. Such a dream may be a warning that you have taken on too much. It could also be urging you to focus more on the important things in life (your children) and less on the details (your errands). If you have this dream, try

and see if you can adjust your routine so that you do not neglect what is most precious to you.

Middle Years

The thirties and early forties tend to be the ones when concern about finances peak and this typically translates into working harder and longer. It can feel as if personal goals have been pushed aside, especially if you have children, and this can trigger dreams that tell you you're feeling out of control. These often take the form of dreams of cars spinning out of control or natural disasters. These are also the years in which proving ourselves at work or making a mark on the world comes to the fore, and this can translate into dreams of competition and aggression.

Unfortunately, during this time we tend to recall fewer dreams as we feel that we simply haven't got time to remember them or think about them. By the time we are in our forties, however, many of us begin to catch our breath and start to reflect on our lives so far. Often in the middle of our lives there is a feeling that some kind of change is essential. For example, we may explore our creative potential, go back to school, change career or partner, take up an exciting new sport, downsize, and so on. If you are in your forties, your dreams may well reflect this craving for change with their themes of adventure, romance, and daring, but if this craving isn't acknowledged, themes of conflict and aggression may feature strongly in your dreams.

The need to look back at your early promise may also prompt dreams of school, old friends, or the search for a lost car. During the middle years you may also find yourself with the new-found responsibility of caring for parents with failing health. Not surprisingly dreams experienced if this is the case often involved themes of escape – part of you wishes to be free from this enormous responsibility. In waking life, you may take your duties seriously but this cannot stop your dreaming mind booking your parents – or parents-in-law – on a plane to nowhere or on an endless cruise. If you aren't in this stage of life, a dream about fast forwarding or returning to your thirties and forties will most likely reflect your growing sense of responsibility and longing to make your mark on the world.

One of the most common dreams in midlife is that of the lost car. You park the car and return to find it's gone. You wander anxiously around the area but cover the same ground with no results. In short, this is a dream about feeling lost because you have followed the rules rather than your instinct or

intuition. If you have this dream, the indication is that some part of your waking life is unfulfilling and you feel as if you have lost something precious; you are not only upset when you recognize you have lost it but your life comes to a complete standstill. Another common dream at this time is that of a forgotten baby or child; in this dream, you are going about your routine as normal but hear a child or baby crying. You search for a while then discover a baby or child in the cupboard and suddenly realize that they have been in there, not for hours, but for days. You are filled with feelings of shock and regret. The baby in the dream indicates the part of yourself that was initiated and then abandoned; for example, a college education that was postponed for marriage. In other words, the child is something you began but set aside. Such dreams emerge to remind you that it is not too late to exploit your hidden potential or rediscover an idea or passion from the past.

Old Age and Maturity

As we move toward maturity, we find that we are freer to explore parts of ourselves that may have been put on hold because of family or work responsibilities. During this stage of their life, men often explore more feminine or softer modes of being – or their anima – in their dreams. This usually occurs in their fifties or sixties, when they can relax more after having attained a level of mastery at work and children may have left the nest.

Women also feel freer to explore the world in bold new ways in this stage of their life. They often feel confident and full of energy; dreams in which the animus expresses itself or in which they find hidden rooms and valuables are not uncommon. Although the menopause marks the beginning of the second part of life rather dramatically for women, men are also subjected to reminders that time is chasing them and these may show up in dreams of being chased by a tiger or escaping a fire. Dreams of losing teeth or body parts at this stage of life may reflect a concern with aging and the loss of their youthful self. Additionally, dreams with themes of impotence or loss of fertility signal a loss of sexual power.

Dreams of loved ones who have passed away may also occur, both as an expression of grief and also as a way to help us accept our own mortality. Dreams about getting sick or ill may also reflect the typical concerns of this stage. Alongside dreams of loss and adjustment, however, dreams at this stage of life also reflect hope and renewal; for example, dreams in which you discover hidden treasure. You may dream of a well drying up in your garden,

but then discover a casket of treasure at the bottom of the well, which suggests the uncovering of hidden resources and new opportunities. If you aren't in this stage of life and dream of it, your dream is most likely reflecting your hunger for the wisdom, calmness, and maturity that only age and experience can bring.

Typical Dreams of Later Life

Dreams in later life can be extremely tense and memorable; two of the most common are dreams of losing your purse or wallet and dreams of getting lost. The former dream reflects frustration and anxiety, and the experience of change as loss and threat. The latter is about trying to find your way through a situation that seems unfamiliar. In this second dream you typically find yourself in a strange neighborhood and, if you do stop to ask for directions, people give you the wrong ones. This dream represents a situation that is unfamiliar; the advice of others is not only unhelpful, it can actually make matters more confusing. The dream is reminding you that the more closely you follow your instincts or intuition, the easier it will be to find your way home or have self-knowledge.

STAIRS/STAIRCASE According to Jung, stairs are a clear symbol of psychological growth, whereas Freud attributed phallic symbolism to the image. In general, dreams stairs are thought to represent feelings in connection with achievement, failure, climbing, and falling. To dream that you are walking up a flight of stairs indicates that you are achieving a higher level of understanding. You are making progress in your journey, whether it is a spiritual, emotional, or material one. To dream that you are walking down a flight of stairs suggests that you are descending into your unconscious. It also refers to setbacks that you will experience in your life. To see spiral or winding stairs signify growth and/or rebirth.

If you are running up a staircase in your dream home, this suggests an attempt to escape from an unconscious urge by taking refuge in the abstract or intellectual. If you are running up the stairs in fear, this suggests a lack of confidence, a fear of failing, or not being capable in some way. If you are running up the stairs with pleasure, then it suggests exuberance, and a possible change in your feelings and situation. If you are going down the stairs in fear, a loss of belief in your own ability is implied. If you trip on the stairs, this may suggest problems you have brought upon yourself by

meddling in the affairs of other people.

A dream often experienced by children is that of skimming down stairs; this dream feels almost like flying down the stairs, the feet just touching the edge of the stairs every so often, creating an exhilarating sense of pleasure. The reason for the dream is that it represents a task – the climbing of stairs – that once seemed daunting to a toddler, but which now has been mastered, giving rise to the sense of effortless achievement symbolized by 'skimming'. Finally, using an escalator instead of stairs in your home, or anywhere else, may express a certain lack of emotional commitment to a person or project in waking life. A dream of walking against the direction of the escalator suggests frustration at a lack of personal progress.

STALK

See **FLOWERS**.

STALLION Typically a symbol of success and independence but there are also strong associations with virility. For more information see **HORSE.**

STAMMERING

See **STUTTERING**.

STANDING

See **SITTING**.

STARS The planets, stars, and constellations have been considered good-luck omens since the earliest times. Dreaming of them represents your wish to guide your own fortune, hence 'wishing upon a star'. In general, they suggest exciting new opportunities as long as you possess the necessary self-belief. To view the twinkling of a star on a dark night portrays a birth, either physical or symbolic, while to imagine a five-pointed star was once thought to be a sign of great wisdom. Dream stars can also represent intuition and insight. The Pole star aids navigators and may act as a symbolic guide to the unconscious. A shooting star or meteorite can suggest a flash of inspiration, or a memory of someone in the past or someone dead, as many cultures believe that human spirits manifest themselves as stars. On the other hand, you might want to consider whether your dream star symbolized your

ambitions, hopes, and dreams in some way. Nebulas are the birthplace of stars, so if you saw one through a telescope, are you celebrating a birth or some kind of new beginning or breakthrough in the waking world?

The star is a symbol of success or aspiration in modern life. The star is a shape that is widely used to represent a variety of tangible and intangible things. Stars are used to decorate birthday presents and are seen on balloons and cards congratulating us for success: 'You're a star!' The star is used as a symbol to represent law-enforcement agencies, and is used on lapels to represent high military rank, as in a four-star general. Most religions look above to the divine and stars seem to be sprinkled along the path to higher consciousness.

A five-pointed star that is written or drawn is called a pentagram, while the same star enclosed by a circle is called a pentacle. This symbol has been used in many religions for centuries, such as Judaism and Christianity, as well as in pagan and Wiccan belief. In pagan religions and in alchemy, the five points of the star represent the four elements and the Divine: earth, air, fire, water, and spirit. The suit of pentacles in Tarot represents prosperity and abundance. If you dream of drawing a star, you may be mapping out your success. A five-pointed star or pentagram suggests harmony between mind, body, and spirit. In magical tradition it is a symbol of protection and, when depicted pointing upwards, it represents goodness; when it is pointing downwards, however, it represents evil.

A six-pointed star or Star of David represents the reconciliation of opposites into a harmonious whole. Sometimes called the Seal of Solomon (a defensive symbol in Kabalistic magical belief) and sometimes the Creator's star (because its six points can be equated to the six days in which God created the world according to Judeo-Christian tradition), the hexagram is better known as the Star of David, the national emblem of Israel. It is a geometric figure which symbolizes the union and development of physical, social, and spiritual elements of your life.

STATION Stations in dreams often represent points of transition in your life. You are about to leave one stage of your life behind and are getting ready to take a new direction. Pay attention to how you feel as you see or wait at a station as this will mirror your desire to move on with your waking life.

STATUE A part of yourself that lacks feelings or someone in your life who is unresponsive and cold.

STEAL Dreams of stealing, pickpocketing, burglary, robbery, theft, petty crime or taking what is not yours generally suggest that you feel envious of another person in some way and want to have what they have. The key to the dream's interpretation is to identify who you are thieving FROM and what you are trying to take. If you are blackmailing someone in your dream or they are trying to blackmail you, this indicates emotional blackmail that you may be using to try and force someone to do as you want, or emotional blackmail used on you by someone else to get from you what they want.

STEEL

See **METAL**.

STEP-FAMILY Archetypes may appear in your dreams in the disguise of step-relations. For example, your stepmother may appear as the devouring mother, and your stepfather as the warrior or villain. If dreams about step-parents are negative, this typically suggests feelings of insecurity, rivalry, and mistrust that naturally arise when a newcomer enters the family and exerts influence over you. However well-meaning their intentions, they will always feel like a threat to your individuality at the beginning.

Stepfather

To see your stepfather in your dream symbolizes authority. It suggests that you need to be more self-reliant. Consider also your waking relationship with your stepfather. If you do not have a stepfather in real life, this dream may indicate issues of tension or disappointment with your father.

Stepmother

To dream about your stepmother in your dream suggests that you are seeking to develop your own individuality. You want comfort and guidance, but you may have to create that for yourself. If you don't have a stepmother in real life, this dream may be a signal that you are following the wrong path. Or, you may be having issues of abandonment or disagreement with your real mother.

Stepchildren
To dream about your stepchildren suggests that you are developing your nurturing, caring side. If you don't have stepchildren in real life this may suggest that your nurturing, caring side isn't being expressed in waking life.

Step-brothers and -sisters
To dream about step-brothers and step-sisters suggests close male and female friends in waking life. If you do not have step-brothers and step-sisters in waking life, this may indicate a lack of intimacy and connection in your current social circle.

STOCK MARKET
See **MONEY**.

STOMACH
See **BODY**.

STOMACH ACHE
See **SICKNESS**.

STONE
See **ROCK**.

STORK
See **BIRDS**.

STORM Storms suggest emotional eruptions but, because storms often blow out over the course of a dream, they also suggest that your emotional crisis will eventually calm down. A dream storm may also represent a brainstorm or the unleashing of creativity, especially if bolts of lightning figured. The flashes of lightning could represent flashes of insight but they could also be associated with anger issuing from an authority figure (bolts of lightning were associated with the wrath of the gods, according to ancient peoples). An object or person appearing in a dream that features thunder may therefore represent someone you are planning to oppose in waking life or

may suggest an aspect of yourself with which you feel uncomfortable. If the latter is the case, the thunder may be the voice of your own conscience or an authority figure such as a parent or teacher or boss at work. Try to work out what the thunder was saying; it is a strong image and the advice may be equally impressive.

Finally, were you personally involved during the storm or did you fear for the safety of someone else? If you were worried about someone else, it may be that you fear the consequences of your actions on other people. And if your house or any other building was under threat from the storm, you should consider the dream from the point of view of that which was under threat.

STRANGER Your dreaming mind may often conjure up images of strangers, unknown people, or people whose faces are hidden by masks as representations of the shadow, private, and sometimes shocking side of your personality. This is especially the case if the strangers are inadequate or sinister in some way, or if they are burglars, intruders, or criminals. If such images appear, it is important not to ignore them as you need to acknowledge these dream figures as reflections of an aspect of yourself in order to face up to your fears. If you do not do so, you will continually come up against feelings of insecurity and low self-esteem in waking life. The stranger in a dream represents that part of yourself that you do not know. There may be feelings of conflict or tension but you need to deal with these dark images before you can progress in waking life. Jung referred to the shadow as the dark side of a person that you would like to keep hidden – 'the thing a person has no wish to be'. The shadow can be thought of as an instinctive and primitive side of your personality that you are trying to repress.

Dream strangers therefore generally represent aspects of your character that you either haven't consciously acknowledged or that you have neglected. This is why they appear unfamiliar or strange in your dream. How these strangers look and behave will give you an important clue to the nature of the problem area. If a sinister figure does appear in your dream, try not to avoid confronting it. Notice how it tries to control the action in your dream. Observe what negative aspects of yourself it may be addressing and try to address them in your waking life. Self-destructive urges are less likely to overwhelm you if you are prepared to confront them.

If dream strangers represent aspects of your personality any spacemen, aliens, or extraterrestrials in your dream usually indicate that you are feeling

threatened by alien forces or situations. Starting a dialogue with them should help you understand them better and allay your fears of the unknown. The same applies if a foreigner appears in your dream speaking an unfamiliar language.

STRANGLE

See **CHOKE**.

STRETCHING If you are stretching in a dream, your unconscious may be reminding you to work on your flexibility, not just in your body, but in your approach to life.

STRING If this image appears in your dream it may represent an attempt to hold something or someone secure in your waking life or trying to hold something together.

STROKE If you are having a stroke in your dream, is there an area of your life in which you feel unable to take action and about which you are feeling particularly frustrated.

STRUGGLE If you are fighting or struggling with an unknown enemy in your dream, this may represent a struggle with the shadow side of your nature and the unwelcome aspects of your personality. For example, there might be a battle between your moral code and your sexual desire, or between your intellect and your emotional needs. Conflict can also occur between your personal drives and social, political, and economic drives. The fight may also represent a battle between yourself and another person, and your conscious and unconscious needs. If the enemy is someone you know, perhaps you have unsuspected feelings of animosity toward them. A fight between a younger and an older person in your dream may suggest a rivalry between the dreamer and authority.

A fight between people of the same age may represent the struggle for recognition or sibling rivalry. Similar interpretations can be applied to any kind of struggle in your dream. Such fights usually depict a fight for freedom, independence, or the truth. Your unconscious may also be urging you to work out why there is a conflict, and may be suggesting that there is a more subtle

way of dealing with it than with fists. According to Freudians, the struggle depicts the battle between your father or mother for the attention of the other parent.

STUDENT
See **ARCHETYPES, SCHOOL**.

STUTTERING Feelings of uncertainty or lack of self-confidence are suggested by this dream symbol.

SUBWAY
See **UNDERGROUND**.

SUFFOCATING
See **FAMILY**.

SUGAR
See **FOOD**.

SUICIDE
See **DEATH, VIOLENT**.

SUIT
See **CLOTHES**.

SUITCASE Although suitcases can denote travel in dreams, an alternative explanation is that they represent emotional baggage you carry around in your head.

SUMMER A dream regarding the summer season signifies growth, emotional fulfillment, and maturity as well as relaxation and vacations. It is also a symbol of adulthood. To dream of summer appearing unseasonably or unnaturally warns you to guard against relying on luck when you know that hard work and dedication are the ingredients for success.

SUN The sun is at the center of the solar system, and is a source of creation, light, and insight. Its predominance as illuminator and life giver is reflected in dream lore in which it is regarded as a good omen. The sun suggests creative energy and penetrating insight or intelligence. It is also a symbol of inner power and fiery, masculine energy. From the sun comes light, that which draws us into life. The sun represents your identity or self, and relates to your will, consciousness, creativity, and father and authority figures in general. It reflects how you can shine in your life.

If sunlight features in your dream, this suggests positive feelings. If you are sunbathing, this suggests that you are allowing positive energies to enhance your life. The daily solar cycle is paralleled by the stages of human life with dawn or sunrise being a symbol of realization, as in 'it dawned on me'; the rising sun represents increasing vitality; the midday sun, your life's work or the height of your energy; and sunset, old age, or the latent period prior to a new birth. An eclipse of the sun suggests negative emotions clouding your judgment. If clouds obscure the sun, this foretells of unexpected obstacles placed in your path. A dream journey to the sun could suggest a search for intellectual enlightenment but it may also symbolize your desire to be infused with optimism and energy in waking life. If you were badly scorched by the sun, your dreaming mind may have been warning you that you are in danger of intellectual burnout.

SUNDIAL

See **WATCH**.

SUNFLOWER

See **FLOWERS**.

SUNLIGHT

See **SUN**.

SUNSHINE Dreams in which you are enjoying the sunshine reflect your sense of joy, energy, and optimism in waking life. You feel warm toward yourself and toward others. If, however, your waking life does not match this sense of optimism, your dreaming mind may have sent you this dream as a

form of encouragement. If you are scorched or burned by the sun in your dream, it may be that you have overexposed yourself to something or someone that is not good for you.

SUPPER
See **FOOD**.

SUPERMARKET
See **SHOPPING**.

SURFING Surfing in a dream suggests that you are riding a wave of excitement or pleasure. Alternatively, it could mean that you are learning to find a sense of balance in your waking life.

SURGEON
See **WORK**.

SURGERY
See **OPERATION**.

SWALLOW
See **BIRDS**.

SWALLOWING
See **FOOD**.

SWAN
See **BIRDS**.

SWASTIKA The clockwise swastika or hooked cross portrays all that is good and pure in humankind. In Eastern symbolism, it represents the movement of the sun. Moving counter-clockwise, it suggests the opposite; all that is sinister and wrong with humanity; although Hitler and many top Nazis such as Himmler had an interest in the occult, it is not known if the choice of

the swastika was deliberate or not. If this shape or pattern appears in your dream you may immediately associate it with Hitler, fascism, or extreme right-wing views and your unconscious may be urging you to steer clear of someone with those kinds of beliefs. Bear in mind, however, that the ancient association of the swastika is far more positive and your unconscious may have been drawing on that. Swastika is a Sanskrit word that means well-being and to Hindus, Buddhists, and Jains it is a symbol of good fortune.

SWEAT

See **EXCREMENT**.

SWIMMING Water in a dream almost always indicates emotions. To dream that you are swimming suggests that you are exploring aspects of your unconscious mind and emotions. This is a common dream for people going through therapy or counseling, as it suggests the need for emotional support. To dream that you are swimming underwater suggests that you are completely submerged in your own emotions and need to deal with emotional difficulties. If you dream of diving, perhaps this indicates your desire to throw yourself into a relationship or project. The erotic sensation of water passing over the body led Freud to equate swimming with sexual intercourse. If you feel relaxed and happy, this foretells a long and happy relationship with your partner, but if you are struggling against the tide, the relationship may be in trouble.

Dreams in which you are floating in warm water safely and calmly are among the most comforting and secure you can have. They may reflect a longing to be able to coast effortlessly through life, letting worries wash over you. But if you felt uneasy, such dreams may be mirroring your concern that you lack direction and power in waking life, and are just treading water as opportunities fly past you.

If you have a dream in which you are swimming calmly and happily through calm waters, this suggests a positive attitude to your waking life, as things are going well, or ‘swimmingly’, for you, and you feel in your element, be it at school, work or home. If, however, you dream that you are struggling against a current, it suggests inner conflict and the force of opinion against you in the waking world. In your dream, did you swim with the tide or continue with your struggle? If you found yourself out of your depth when

you went swimming, this may mirror a sense of being out of your emotional depth. Drowning suggests that your emotions are overwhelming and engulfing you. If a lifeboat appears, you believe your unconscious can throw you an emotional lifeline.
See also **UNDERWATER.**

SWIMMING POOL
Where water is contained in a space, such as a bath or swimming pool, it signifies controlled emotion and restraint. A dream shower or bath in which you wash yourself may refer to a need to cleanse your emotions of negative influences, while a Jacuzzi may have sexual connotations. Being in a swimming pool may remind you of the importance of relaxation. A surreal underwater scene, in which you meet and interact with family and friends, may suggest that you have been too busy to take the time to connect emotionally with loved ones. It might be wise to slow down and devote more quality time to them in the real world.

SWING
See **FAIRGROUND**.

SWIPING
See **INTERNET**.

SWORD
Swords feature in legend, religion, and mythology, and are often wielded to subdue evil forces, representing the triumph of good over evil. Swords can also denote kingship, as exemplified by ‘Excalibur’, the sword of King Arthur, suggesting justice or the highest source of authority. Being double-edged, swords can evoke feelings of guilt or remorse, but they also suggest spiritual strength and, like axes, the ability to cut away what is non-essential. The sword when sheathed may be a symbol of the self within the body. The lance shares the symbolism of the sword, but its phallic shape often points to sexual issues.

SYRINGE
See **INJECTION**.

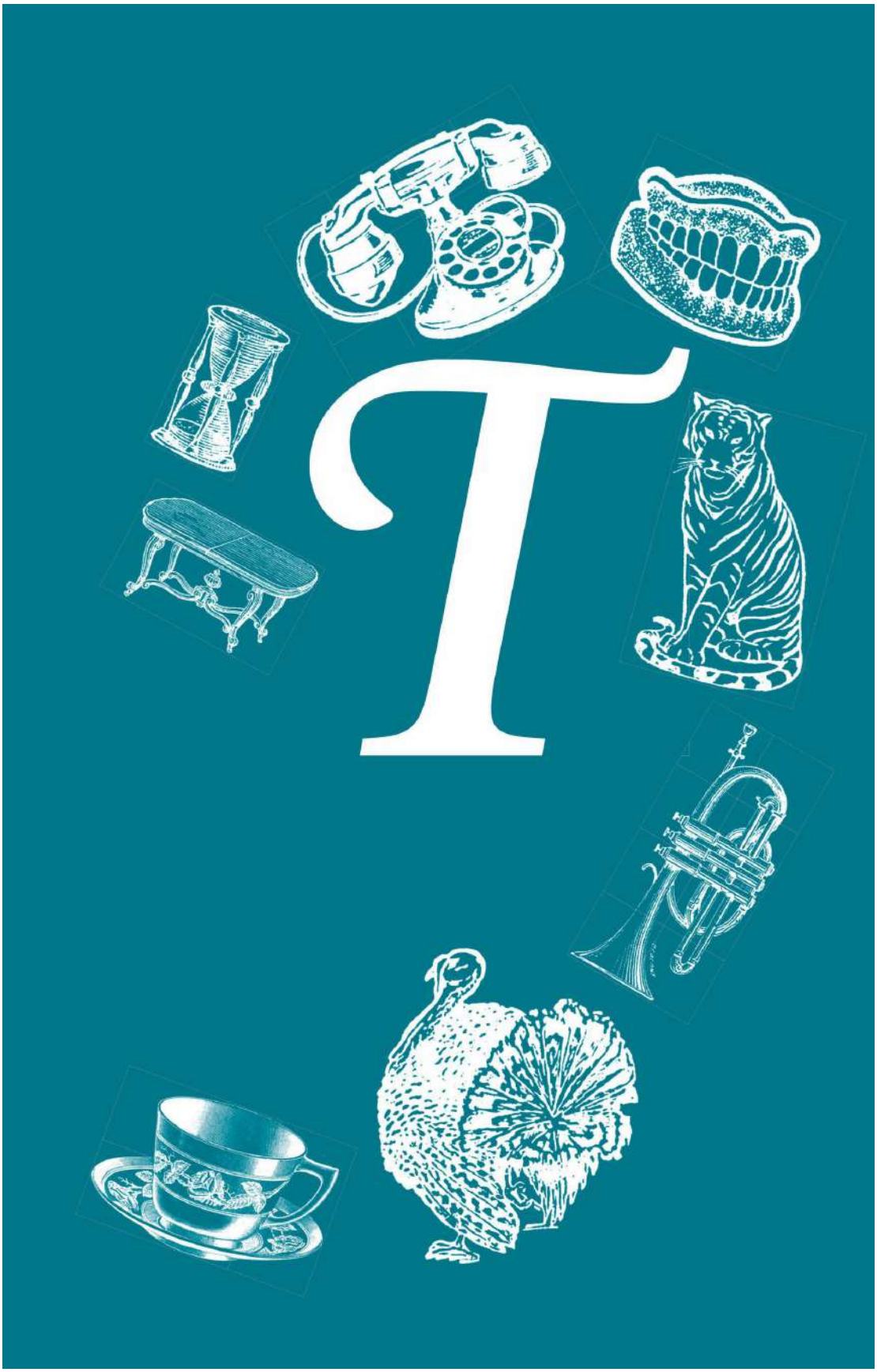

T

TABLE This symbolizes your social connection with others. If the table is bare, it suggests that you are giving very little of yourself. If the table is expensive or of good quality, it suggests high-quality relationships with others; your place at the table refers to your self-image and a dressing table refers to your attempts to create a good social image. Alternatively dream tables can also indicate the need for hard work and perseverance to achieve your goals.

TAILOR

See **WORK**.

TALKING

See **VOICE**.

TANK

See **WAR**.

TASTE

See **SENSES**.

TATTOO

See **MAKE-UP**.

TAX If this image or discussion appears in your dreams it represents the part of yourself that you are willing to give to others or your contribution to society.

TAXI A dream of a taxi suggests that you want to take a quick and direct

route to your goals, but bear in mind that there is always a price to be paid for the trip.
See also **CAR**.

TEA

See **COFFEE**.

TEACHER If you dream of a teacher, tutor or lecturer you know or don't know but who treats you kindly and with respect, it may mean that you are in need of guidance, advice, or knowledge. Sometimes the subject with which the teacher in your dream is associated may be a clue as to why they have entered your slumber. Teachers are authority figures that have power over children so your dreaming mind may also have summoned a teacher into your dream to represent your boss or even yourself, if you are in charge of others. If you dreamed of a teacher who was an overbearing bully, is this referring to aspects of yourself or someone you know?
See **SCHOOL**.

TEAM GAMES Most dreams in which you are playing a team game reflect how well you feel you are performing within a group situation in waking life, whether it is among your family and friends, or – more typically – in relation to colleagues at work. So if you dreamed of playing football, basketball, hockey, netball, rugby, or volleyball, pay attention to how you are reacting or playing in the team. Are you the weak link? Are you lazy? Are you the one who pulls the team together? Are you a good sport? Do you play fairly, or do you cheat and break the rules? Do you respect authority and the decision of the referee or judges? Are you a team player or only concerned about your own performance? The answer to questions such as these will prove helpful if they are considered in the context of your participation in group dynamics in waking life.

Dreams that feature baseball can be littered with sexual symbols such as the bat, the ball, and the gloves. According to Freudians, such dreams – and this would be true of all games containing umpires or referees – might be an oblique reference to a challenge you have made to a father figure, as represented by the umpire. The white outfits worn in the game of cricket may suggest a yearning for childhood innocence; the friendly, relaxed, and

languid nature of the game might reveal a longing to withdraw from a fiercely competitive environment, whether at home or at work. The intense passions of football, whether in the form of rugby, soccer, or gridiron, may symbolize sexual excitement; scoring a goal or a try, for example, might symbolize orgasm. Jungians, however, would see dream football as a mirror of the dreamer's spiritual aspirations. Some team sports seem unlikely topics for a dream but your dreaming mind may select them specifically for their symbolism. To dream that you are part of a rowing team, for example, stresses the importance of collective effort and pulling together as a team.

TECHNOLOGY

See **COMPUTER**.

TEDDY BEAR Cuddly toys, especially teddy bears, in dreams illustrate comforting and soothing aspects of your life.
See also **TOYS**.

TEENAGER

See **ADOLESCENCE**.

TEETH Dreaming about teeth falling out represents feelings of insecurity or inadequacy, and such dreams often occur at transition times in a person's life. This is because losing your milk teeth is associated with the loss of childhood innocence. The dream could also highlight anxieties about getting older. According to Jung, if a tooth is being pulled out in a woman's dream, this represents giving birth and in general it has associations with some kind of painful experience or loss that will lead to a new beginning. Animal teeth represent aggression and false teeth concern about self-image.

If you are toothless or see someone without teeth, this suggests loss of effectiveness or feelings about aging. Don't, however, neglect the possibility that the dream may have been triggered by toothache or a recent trip to the dentist. If teeth are rotten or decayed in your dream, perhaps you have said something you regret. Spitting out lots of teeth indicates something you need to spit out or admit in waking life. If one tooth is far larger than the rest of the teeth in your mouth, you may be worried that something in your personal and working life won't be the success you hoped it would be. Clean teeth or teeth

that glisten are linked to strong friendships or financial security. If the roots of the teeth are featured, you may be thinking about the stability of your waking relationships. If the roots are healthy, you are satisfied with these, but if the roots are twisted or unhealthy, this suggests concerns in that area of your life.
See also **TOOTHBRUSH**.

TELEGRAM Dreams of sending a telegram the old-fashioned way may occur during times of stagnation or routine in your life and the image serves as a reminder for the need for change or to approach a situation in a new way. If you receive a telegram, you may feel the need to contact someone from your past or find a way to deal with unresolved feelings. If you send or receive a message, image, or notification via the texting app Telegram, as with all dreams involving texting and phones, urgency in communication is the common theme.
See also **TELEPHONE**, **TEXTING**.

TELEPHONE In dreams, telephones are symbols of communication or the desire to make contact with an aspect of yourself or someone else. If you were speaking on the phone, try to recall to whom you were speaking and what the conversation was about. If you repeatedly dial a number but cannot get through, this suggests an element of frustration in your life. If a telephone rings continually but remains unanswered in a dream, there is a chance that you may be ignoring some issue or problem in your life by refusing to hear or see it. If you are contacted by telephone, this suggests information is available to you that you do not consciously know.

If you go to a telephone box but find no telephone inside, this suggests that you are missing some vital clue or piece of information that would help you in waking life. If you dialled a number but nobody picked up, do you feel as if your point of view isn't being heard? If you called the emergency services are you in need of support or help? If the telephone is larger than usual, this may represent yourself but it may also be an indication that you will soon need to convey an important message. If you dream of a telephone answering machine, this may be tied to the notion of passing or avoiding responsibility for something you need to do in waking life.

A cell phone has similar associations with a telephone, but with the added

association of urgency or emergency or fear of being left out or not included in your close circle of friends. If you cannot or will not answer your phone in your dream, this suggests that people are finding it hard to get through to you; you may also be feeling alone and vulnerable in waking life. If an emergency call figures in your dream, this suggests that you or someone you know is reaching out for help. It could also indicate some kind of moral dilemma.

If you know the telephone number you are ringing in your dream, it suggests an attempt to communicate with the person whose number it is. If you do not know the number, it may be that the numbers are significant. Some people believe that dreaming of receiving a telephone call is lucky. If you dream of making a call, it suggests that there will be postponements and delays in waking life. Long-distance calls are said to bring happiness. Fax machines and faxes may represent unexpected things arising out of your unconscious or the need to communicate with someone.

Phone: Cell and Mobile

Telephones and mobile or cell phones have similar meanings and are associated with communication with the outside world whenever they appear in dreams. Apart from cell phones bringing a sense of immediacy and urgency, bear in mind that they are not so closely tied to a specific location as a telephone or landline.

If there are problems with your phone due to poor signal or the phone not working, some relationship in your life is suffering because of poor communication. If the phone is broken or the screen is cracked, a relationship from your past may be broken beyond repair unless you take better care of it, or perhaps you have beliefs that are holding you back in some way. If you dream about a specific phone number, the person that number belongs to has a message for you or there is something you need to learn about yourself from them. Dreaming about a phone case or cover suggests you are focusing too much on what is superficial in your relationships and not enough on honest and real communication.

A dated phone or slow data speed indicates that something is holding you back in your waking life. You are not able to express yourself clearly and are running out of patience. Dropping your phone in water – your emotions are so strong you find it hard to communicate what you want effectively. If you use a phone that you haven’t used before or don’t know how to use, then you need to learn how to communicate or say what you feel in a different way. If

you want to get your point of view across you need to change the way you express yourself.

Dreaming about receiving a brand new or the very latest phone suggests your dreaming mind is encouraging you to upgrade yourself and work on your personal development. If the phone is extremely expensive and does amazing things this suggests you have great potential, as long as you remember that the most important thing a phone does is help you communicate better. In short, don't get carried away with what is superficial and focus on what really matters in your life.

Finally, if you dream of being locked out of your phone or are unable to remember your password or your phone does not recognize your face, then you are having problems connecting to someone in your waking life; perhaps you need to understand their point of view better.

Phone Apps and Services

Phone apps play a large part in most of our lives today and are increasingly appearing in our dreams as a result. If you dream of a phone app, generally it is an optimistic sign as it suggests you are taking steps to make things happen in your waking life. You want to take action. Notice what the phone app is and what message it is sending you about the kind of action you should be taking. For example, musical or artistic apps suggest the need for more creativity and expression; dating apps suggest the need for partnership or working with someone else to reach your goals; talking head apps suggest the need to consider different points of view or a different approach; and so on.

Dreaming about using FaceTime services suggests confidence and a lack of concern about what other people may think. It may also mean that you are prepared to say or do something that is outside your comfort zone. If anxious feelings accompany your dream, this may mean that you are avoiding dealing with a difficult relationship or situation.

Receiving a voicemail in a dream refers to important communication that for some reason is not getting to you directly. This communication could be from someone in your waking life or it could be from your higher self or intuition. If you see or use an answering service or phone, some idea, thought, or inspiration has not been listened to. You have been ignoring something or someone and have not yet got the message.

See also **TEXTING**.

TELESCOPE Using a telescope in your dream suggests the need to take a closer look at something. Your dreaming mind may be urging you to look at things from both a short- and a long-term view, as this may help you navigate through life's sometimes choppy waters. In spiritual terms, a telescope can signify the art of clairvoyance – the ability to see the future from the perspective of the present. A magnifying glass may appear in your dream when something needs to be brought to your attention. You need to examine yourself minutely and become aware of the consequence of your actions.

TELEVISION A television appearing in your dream represents your thoughts and the power of your imagination, and a radio or podcast your inner voice or intuition. The programs and interviews you watch and listen to are depictions of what is going on in your mind – so pay particular attention to what you see and hear. If you dream of trying to find a channel or broadcast station or using a remote control to tune in, this is your dreaming mind urging you to be more imaginative and to use your intuition. If you find yourself aimlessly surfing for material to watch or listen to, this suggests restlessness or boredom. Your dreaming mind is encouraging you to seek out more mental stimulation in your waking life.

Always try to recall the subject matter or content of what you watch and listen to. If it was a faithful replica of what you recently watched or listened to while awake, then your dreaming mind is simply playing out the images again and perhaps reproaching you for watching rather than living life. It's time to move from passive consumption to active participation. If, however, the program has variations of some kind or you are involved in it in some way, this reveals news from within yourself that you need to analyze. Did you identify with one of the characters or with a specific situation or topic?

If you see yourself on TV, your unconscious may be attempting to communicate emotions or ideas to you that you can't express in your waking life. Or perhaps you are longing for greater attention and validation in waking life. If the TV images are blurred or you don't get a clear signal, this suggests you are not connecting to your intuition. If the program you watch is a recording this suggests memories or beliefs that are deeply ingrained and which may be holding you back.

The purpose of TV, radio, and podcasts is to entertain, inform, and inspire. Your dreaming mind may have used the plot or situation from a show

to replay events in your past to help you make sense of them or to act out a current situation – again with the purpose of helping you find clarity. Pay close attention to your level of engagement as you watch TV in your dreams or listen to radio or podcasts. If you are enjoying what you see or hear then the chances are you are on the path to success, but if you are bored or distracted then you are lacking the concentration and creative flair needed to succeed. If you don't recognize the images on the TV or understand what you are watching and hearing, or the images are blurred, this suggests problems communicating your ideas to others.

Seeing yourself on TV or in a documentary or in the news signifies your need to tell others or the world something about yourself. You want to express your true feelings. If you watch disturbing or horrific images on the TV or hear profanities on the radio this suggests that you are being unduly influenced by the opinions of others. Watching sport on TV refers to inner conflicts that you are trying to come to terms with, but it can also mean that you are living life in the fast lane and if you don't take a break soon you are in danger of burning out. If the TV in your dream is large, this suggests passive consumption is taking up too much of your time in your waking life. It's time for you to live your life more actively rather than watch the lives of others on a screen.

Switching off the TV in your dream suggests that you need to change direction in some area of your waking life. Again, the message is to be more proactive rather than passive in your response to situations and relationships. Switching it on suggests that you need to take action and leave hesitation behind, because everything is in place for you.

Should your dream feature characters or scenes from iconic TV series such as *Game of Thrones*, this could mean that you are a superfan of the shows, but it is more likely to suggest that the underlying themes of the series have something to teach you about yourself. What life lessons can you learn? Do some research and see what can be taken from your dream viewing and listening and what perspective shift it can offer you. For example, *Game of Thrones* teaches, among many other things, that it is never too late to redeem yourself and you don't need the validation of anyone.

Streaming services, like Netflix, appearing in your dreams suggest that you need to brainstorm and share your ideas and creativity with others or a wider audience to gain feedback.

See also **CINEMA**, **FILM**, **MEDIA**, **VIDEO**.

TEMPERATURE If you are very hot or very cold in your dream, you first of all need to consider whether your bedroom is too hot or too cold and your unconscious has simply incorporated your physical reaction in your dreams. If this is not the case, the dream may be pointing to your frame of mind. Extreme heat could indicate unpleasant or difficult circumstances, or a person you consider hot or sexy. Feeling hot can also warn you of impending danger, as in 'finding yourself in a hot spot' or of burning passions, such as lust or anger. Your unconscious may be warning you to remove yourself from a source of potential danger.

If the atmosphere is humid in your dream this indicates that you feel as if your waking situation is oppressive. If, however you are aware of feeling pleasantly warm, this is a positive sign indicating that you are feeling content in your waking life; if you are shivering with the cold, the opposite is true. In waking life you may feel emotionally cold or perhaps someone is being cold to you. Alternatively, do you feel as if you have to act ruthlessly, as in 'cold-bloodedly', or is it fear that is making your blood run cold? If you feel uncharacteristically hot when it is cold outside, this suggests your warmth and optimism is overcoming the coldness and hostility in which you find yourself; but if you feel cold when it is warm outside, this suggests you are cutting yourself off from emotional interaction in some way.

TEMPLE

See **RELIGIOUS BUILDING**.

TENNIS

See **SPORTS**.

TENT

See **TRAILER**.

TERMITE

See **INSECTS AND ARACHNIDS**.

TERRORIST ATTACK

See **MAN-MADE DISASTER**.

TEST Fear of failure can often originate in childhood and stem from fears of abandonment, so dreaming you are a child sitting for an examination or revising for a test and worrying that you won't pass may express a fear of failure. Dreams of being late, unprepared, or failing an examination show that you feel unprepared for the challenge life is currently throwing at you. Examinations are stressful and they can highlight your shortcomings. Your dream is urging you to stop fearing failure, to emphasize what is right and not what is wrong, and to give yourself permission to succeed.
See also **EXAMINATION**.

TEXTS/TEXTING Texts are far speedier forms of communication than letters or emails, so they suggest the need for faster communication in your waking life. You need to respond to – rather than avoid – a situation. The communication could be referring to communication with other people, but it is more likely it's referring to the communication you have with yourself through your thoughts, feelings, and intuition. Such dreams tend to indicate that if you follow your intuition the outcome will be positive. But as texts create a permanent record of your thoughts, caution and the need to think before you speak and to weigh up the pros and cons are also advised by such dreams.

In general, texts, texting, and other forms of phone or computer messaging tend to represent your hidden thoughts and emotions, or the things you can't openly communicate, or which remain hidden and unexpressed in your waking life for some reason. Your dreaming mind is expressing your true feelings, which is a positive and cathartic process, so notice what the content of the message is. If it doesn't make sense, this suggests that you are struggling to understand what your true feelings are right now. If the text is unfinished then there are difficult emotions, such as anger, guilt, or feelings of rejection, that you need to process and work through as soon as possible.

If you hear the beep of a text or message in your dream this suggests there is something that you need to hear, or perhaps you need to tell someone something but you have not got your message across effectively. There will be typically a sense of urgency in texting dreams that you should heed. If you are sending the text this suggests that you need to take care of the most important relationship in your life: the one you have with yourself. What messages are you sending yourself every day? If you are receiving text

messages, the emphasis shifts more to the messages you are receiving from other people. Are these messages challenging and inspiring you to become the best version of yourself, or causing you to lose confidence in yourself?

Emojis are a popular form of texting and communicating today and whenever they appear in your dreams they are typically associated with the people and things in your life that lift you up rather than drag you down. Your dreaming mind is encouraging you to take yourself a little less seriously. Even if the emoji is a negative one, like the frowning emoji, the theme is still light-hearted and suggests you are worrying needlessly about something or someone in your waking life. Look on the light and bright side of life.

See also **COMPUTER**, **EMAIL**.

THANKSGIVING

See **CELEBRATIONS**.

THEATER

See **STAGE**.

THIEF

See **ARCHETYPES, STEAL**.

THISTLE

See **PLANTS**.

THIRST

See **DRINK**.

THORN For Christians a symbol of sacrifice and emotional redemption but thorns also symbolize feeling, a need to protect yourself, something to be avoided, or simply a ‘thorn in your side.’

THROWING If you throw or catch something in a dream, you need to pay attention to what it is you are throwing and catching. Are you throwing something away, or catching something you need?

THUNDER In a dream thunder can warn of potential emotional upsets. If the thunder is in the distance, there may be time to regain control of a difficult situation. Spiritually, the rumblings of thunder can represent deep anger.
See also **STORM**.

TIDAL WAVE This frightening image can suggest that your personal problems have raged out of control and that your place in the world is uncertain and shifting.

TIE
See **CLOTHES**.

TIGER
See **ANIMALS**.

TIGHTROPE
See **CIRCUS**.

TIME The passage of time is one of those basic conditions of life that we all take for granted. Yet, as Jung observed, while the true home of the psyche is outside of both time and space, the annals of sleep are full of anxiety dreams in which time exerts a relentless pressure. Meanwhile, symbols of time such as the clock, calendar, day and night, light and darkness, and the seasons have a special significance in dream interpretation because they can all parallel the stages of human life.

A mundane interpretation of dreams featuring symbols of time may be that your dreaming mind is prompting you to remember to do something or to wake up in time. In some cases, your dreams may place you not in the present but in the past, or you may visualize a scenario set far in the future. If you dreamed of a past occurrence, this may indicate nostalgia or be an attempt to remind you of an unresolved emotional problem. If you dream of being fast-forwarded into the future, your dream may have been warning you of a course that your life may take if you carry out a particular action.

It is hard to know how the passage of time is expressed in dreams, as you

are not in real time when you dream, since situations or adventures that appear to take a long period of time can be dreamed of in moments. Any dream in which you are aware of the passage of time indicates a progress report on your life, in that the 24-hour cycle of day and night has a parallel with both physical and spiritual birth and development. Dawn signifies birth and beginnings; the morning signifies childhood and potential; midday, middle age, and maturity; the afternoon, late middle age and relaxation; and the evening, old age, with the dead of night suggesting death. A dream in which you suddenly realize it is afternoon could therefore suggest that you need to relax or that time has passed by so quickly and you haven't achieved all that you hoped you would achieve by late middle age.

Arriving too early or too late in your dream for an appointment may be significant in your waking life; if you were too early, you should ask yourself if you are worrying too much and overplanning some aspect of your life. If you were too late, you should consider whether you are worried in waking life about missing the boat or being the last person to be informed about something important.

TIME OF DAY If a dream is specifically set during daylight or night-time, take into account your waking associations with early morning and night-time. If you are a night owl, a night-time dream will have a far more positive interpretation than if you were an early bird. You may also associate daytime with routine and work and night-time with relaxation and freedom. Dreams that take place in bright daylight also suggest your conscious waking life and feelings of optimism and clarity, and dreams of night-time can indicate the unconscious as well as negativity and ignorance. Twilight in dreams can suggest a period of uncertainty and possible ambivalence as far as your direction in life is concerned. It may also suggest the afterlife.

Just as the 24-hour day is symbolically linked to the human life cycle, so too are the seasons: spring symbolizes birth and childhood and new beginnings; summer, adulthood; autumn, middle age; and winter, aging and death. The seasons can also signify your state of mind with spring representing optimism; summer, confidence, autumn, relaxation and reward; and winter, retreat. When several days, weeks, months, years, or even longer pass in your dream, your unconscious is reflecting changes in your life or suggesting that your focus has currently been on things that are not relevant. Along with the second and minute hands on a clock, these dream images

suggest slow and careful progression – or the need for it – in your waking life. Dreams of specific hours of the day may refer to your age, to a regular event in life or to a saying; for example, 12 noon is middle age, or may refer to something that happens at that time of day, 11 o'clock may be the eleventh hour, and so on. Noon may also be associated with lunch and nourishment, midnight with mystery, and 6 o'clock with finishing work.
See **NUMBERS**.

TIME TRAVEL If you were traveling in time to the past in your dreams, try to remember if you traveled to a time within your life span or to an era before you were born. Traveling into your own past can be linked to a desire to connect with a situation in your childhood or youth that remains unresolved. Traveling into an era before you are born could suggest the possibility of reincarnation, but also an association between that period in time and your life at the moment. It might be worth getting the history books out to do some studies to see if any connections or lessons emerge. Traveling into the future can indicate impatience but also optimism and anticipation. If the future scenario was depressing, this represents your fears and anxieties concerning your personal or the world's future. From a mystical point of view, sometimes in dreams past, present, and future become one and the idea of time vanishes; only when this happens can the individual fully concentrate on the present.

TOAD
See **FROG**.

TOES
See **BODY**.

TOMBSTONE If the name of someone you know appears on a dream tombstone, ask yourself which characteristics you associate with that person and whether or not you should eradicate or change (kill) these characteristics in yourself. If your attitude was sad in the dream, perhaps you need to reconsider your attitude toward that person and what they represent to you. For example, ask yourself if you need to be more polite, kind, or unselfish if these are the qualities you associate with the person. If the vision was of your

own grave, this suggests problems you need to dig your way out of; if a grave is neglected, this is a reminder from your subconscious not to take your health or the good things in your life for granted. If the tombstone was of someone you knew or loved who has died, you may also simply be experiencing a sense of nostalgia for those happy days when you could pay them a real-life visit. If, however, the person is not dead, this could be a warning that your relationship is in danger of dying unless you concentrate on keeping it alive in real life.

If a vault appears in your dream, this suggests a more tentative approach to change; in older cemeteries it is possible to peer into family vaults to see the coffins, so perhaps you are aware of the need for change but are not yet able to make a clean break with the past. If you had to visit a mortuary in your dream, is this a sign that you do not want to let go of the past? Do lingering feelings of guilt or regret remain? Or has the past caught up with you? If you dream of your own coat of arms and can see it on a tomb or monument, this reflects a desire to rise above a perceived station and to be accepted by those you incorrectly assume to be your superiors. A common nightmare is to dream of being buried alive. This may be a symbol of guilt or it may suggest a need to move away from a bad influence that is threatening to overwhelm you.

TONGUE

See **BODY**.

TOOL Dreams in which machinery or tools feature, or in which we are using an implement, can relate to you in a number of ways. For example, you may be the bulldozer in your dream, clearing away everything before you. A plow or dredger may be referring to a problem you have in waking life. If an engine is not starting in your dream, could this be referring to a project that is having troubles getting started? A wheelbarrow represents progress and the clearing of unwanted material, but it is a vehicle that cannot move unless you push it, hence its association with energy and action. If the barrow is filled with household objects, it may suggest a break from the past.

A crutch in your dream may refer to your partner’s support. A needle that is impossible to thread refers to a tricky situa-tion. A pin may be a problem you are trying to pin down or understand. If the pin falls out of its cushion,

this suggests confusion. A dream of pins and needles together may relate to a sense of nervous anticipation in waking life. A hairpin may be a highly charged dream image of female sexuality, owing to its arched shape and the classic seductive symbol of taking out a hairpin to release the hair. Dreams about razors could suggest that you should get rid of some unattractive characteristic in waking life.

Nails in dreams may be symbols of persecution, punishment, and suffering, due to their association with the Crucifixion. Nuts and bolts draw your attention to the practicality of a project. A hammer driving in a nail may be seen as a symbol of willpower, the forceful energy that directs the dreamer's judgment. According to Freudians, dreams that feature tools are more often than not linked to masculinity and male characteristics. The phallic nature of their shape is used as justification for this explanation. For example, a drill, hammer, nail, or needle can all be seen as phallic symbols; in particular, a needle being threaded can be seen as representing the loss of virginity.

Jungians regard tools as implements that dig and hide and so they could be tied to elements hidden away in the unconscious of the dreamer. The action of the tool and what you are doing with the tool may provide a clue to its meaning. For example, a dream spade may suggest that something is emotionally hidden and the dream may be urging you to reopen this chapter or leave whatever is buried. A lever is used to enhance strength. If the dream tool was a plow, the dreamer may be in the process of turning over their problems and seeing them from a new angle. Corkscrews may represent the uncorking of a new idea or plan. If the corkscrew was difficult to use, then the new project may encounter problems. If, however, it was easy to use this suggests that the new project will be successful. If you were using a screw, this could be referring to some creative work or a project you are planning, and your desire to give your work added security and stability. If everything fitted and went smoothly in your dream, you are making progress in real life and your dream is reassuring you.

TOOTHBRUSH If you are brushing your teeth in your dream, this may suggest you are experiencing a hard struggle in waking life; it could also, of course, echo your dentist's plea to take better care of your teeth. If something is lodged between your teeth, this suggests that a problem which seemed impossible in waking life may be easily resolved. If you use a toothpick or

floss in your dream your dreaming mind may be urging you to pay more attention to important details in your waking life.

TORNADO Although it might be possible to dream about a major weather disaster before it occurred, it is much more likely that you are dreaming about some kind of emotional turmoil occurring in your waking life. In fact, dreams of tornadoes are often symbolic of ongoing verbal arguments, fighting, and emotional tension occurring in a relationship. A tornado is made up of wind moving very fast, just as air comes out of one's mouth very fast during an argument. With this in mind, the next time one of these 'tornado' dreams occur, look at what has just taken place in your waking life. Have you just had an argument with someone? Has someone had an argument with you? Overall, the presence of tornadoes or hurricanes in dream land suggests that you are an extremely emotional person and that either you (or those around you) are prone to emotional outbursts. Alternatively, you may feel as if you are being swept along by forces beyond your control – perhaps someone's passion. A hurricane can also represent the power of your own passion, or passionate belief, which picks you up and carries you along.

TORTOISE

See **REPTILES**.

TOUCH

See **SENSES**.

TOWER According to Freud, a tower is a phallic symbol, signifying in its sturdiness the sexual self-confidence of a male dreamer. In dreams, towers represent psychological constructions you may have built in your life, ranging from an attitude to an entire way of life. For example, a tower may be a defensive erection of inner attitudes, suggesting an imprisonment by your own anxieties or a desire to shut yourself away from the world; alternatively, it may be an attempt to reach the heights of awareness or recognition.

If you are standing at the top of the tower in your dream, observe how you feel as you gaze down at the activity below. Were you relieved to be far removed from other people or did you feel imprisoned? Towers in dreams can also suggest an emotionally impregnable figure in the dreamer's life, for

example an authoritarian father, or male authority in general. There may also be a reference to a ‘tower of strength’, or a person on whom you can rely for support and comfort. If your tower has no door, you are not in touch with your inner self. If there are no windows, you can’t see all the good things about yourself.

An ivory tower suggests innocence, but it can also suggest arrogance, intellectual aloofness, and the loneliness such an attitude can bring. A square tower suggests a pragmatic, practical approach, and a round tower suggests spiritual harmony. If the tower is round on top of a square building, this suggests harmony in mind, body, and spirit. How you get to the tower in your dream is important in your dream. If your steps are difficult to climb, this suggests you are a private person. If the door is jammed, you are not ready to understand yourself. If the door is bolted, you must make the effort to go in. Once inside the tower, you can use other explanations in this encyclopedia to interpret what you encounter.

TOYS Dreams that feature childhood toys can be either encouraging or discouraging, depending on how you feel in your dream. On the one hand if you dreamed of playing happily in a toy shop for hours and hours, your dreaming mind may be reminding you of the importance of having fun every now and again, and playing childish or adult games. Has fun or relaxation been missing from your life recently? On the other hand, if you feel bored by your dream toys, then perhaps it is time to put your energy to productive use. Dream toys may also express a wish to assert control over your adult life at a time when you may be having problems.

Breaking toys may express your frustration with problems you find hard to resolve. If toy dreams suggest asserting control over problems, dreams which feature puppets or dolls are about asserting control over other people. Dreams about dolls can express your feelings and beliefs about your parents but they may also represent your feelings about being manipulated by people close to you in waking life. To dream of a rocking horse bears the same symbolism as a dreaming of horses in general, but it can also express a yearning for the comfort and security of childhood with its gentle, rocking motion. One of the most ancient and well-known toys, the spinning top may suggest a trance-like state or meditative frame of mind in which you look into the depths of your unconscious. The wailing sound it produces may also be associated with sorrow and bereavement. Cuddly toys, especially teddy bears,

illustrate comforting and soothing aspects of your life.
See **CHILD**.

TRAFFIC
See **CAR**.

TRAILER If you are living or sleeping in a trailer or tent in your dream, do you feel weighed down by the routine of your life? Would you like to travel, move house, get back to nature, or try the life of a traveling nomad for a while.

TRAIN As well as indicating the manner in which you are progressing toward your goals or what is driving you forward in waking life, dream vehicles tell us whether we are in control of our lives or being driven by something or someone else. So if any vehicle appears in your dream, pay attention to the identity of the driver and try to make a connection to your waking life.

If you dream of a truck, much of the symbolism associated with cars also applies, but since trucks are often associated with business and work your dream may have hinted at the progress you are making in your working life. If you dreamed of a rubbish truck, your unconscious may have been urging you to get rid of emotional pressures that are dragging you down. As with trams and buses and other forms of public transportation, dreams about trains suggest that you are no longer controlling your life and have become too dependent on someone or something else, such as your parents, your partner or a job. According to Freudians, trains with their huffing and pumping are phallic symbols, and a train entering a tunnel is a symbol of sexual intercourse. A broken-down or canceled train may actually be a positive sign in a dream, as it suggests that you are considering making your own way under your own steam. To dream of missing a train or passing a destination may also suggest missed opportunities. If the train is stuck on a platform, this may suggest a problem that needs ironing out before any further progress can be made in waking life. If the train makes an emergency stop, this warns against moving too fast and if the train stops at a crossing, this suggests the need for patience. If the train crashes in your dream, the dream may be urging you to take control of your life or change your plans to avert disaster.

TRAIN CRASH A dream of a train crash could suggest the need for extreme caution concerning financial matters. It could also indicate an exaggerated sense of self-worth as a stumbling block in the dreamer's path.

TRAMP A desire from freedom from routine but also a similar symbolism to **BEGGARS**.

TRANSGENDER

See **SEX**.

TRAP/TRAPPED This dream suggests confusion or conflict about how to act in waking life. Feeling trapped or unable to move also mirrors what occurs to the large muscles of the body during normal REM sleep, when they are paralysed to prevent the body from acting out dreams. Such dreams could reflect frustrations in waking life, such as feeling trapped in a relationship or a dead-end job. The flipside to such dreams is a dream of discovering new spaces; you may open a door in your home to find a new room or find something new in the neighborhood. These dreams occur usually when you feel that an aspect of your life is opening up.
See also **CONFINEMENT**.

TRAVEL

See **JOURNEY**.

TREASURE Dreams of finding treasure or valuable objects or ordinary objects with magical properties have numerous variations, but the one constant theme is the discovery of something precious and magical. The psychological interpretation of such a dream urges you to seek out what is magical in your life, perhaps in the ordinary things you've been taking for granted.

TREES Linking the earth with the heavens, the tree is an archetypal symbol that can represent cosmic unity; in dreams, however, it generally refers to your spiritual growth. The tree's roots draw on the depths of the unconscious, the trunk is the solid body and the branches reach to the

enlightenment of heaven. According to Jung the tree is ‘a symbol of the self … depicted in the process of growth’. If this interpretation is used, dreams about trees can be seen to be symbolic of the basic structure of your inner life, telling you a great deal about yourself and your personal growth. Because each element of the tree’s structure also denotes aspects of you, your life, your past, your present, and even your future, when one appears in your dreams it is best to work with the image fairly extensively. The shape of the tree and the condition of its roots, trunk, branches, leaves, and fruit all send important messages, as does the landscape in which the tree is growing. And if you dreamed of a particular species of tree, understanding its symbolic associations will further aid your interpretation and your self-knowledge.

If you dreamed of a well-shaped tree that is pleasing to the eye, this would suggest a personality that is ordered; a large, messy tree would suggest a chaotic personality. The seasonal appearance of the tree in your dream will be significant because the stages of a person’s life are reflected in the effects of the seasons on a deciduous tree. If your dream tree was covered in spring blossoms and tiny leaf buds, the association is with spring, and the vigor and energy of youth. If the tree was covered in deep green foliage, this suggests summer or the prime of life; if its leaves were starting to fall, this suggests autumn and middle age; and if the tree looked bare, this suggests winter and old age, or concerns about getting older.

According to Freudians, acorns are a phallic symbol and nuts symbols of the female genitals, so seeds and nuts on the tree can suggest new beginnings. Seedlings and saplings are generally associated with young children, flourishing and mature trees suggest maturity, and ancient trees old age. A dead or withered tree could be a symbol of a lost loved one; it not only reminds us that all living things die, but also that the cycle of rebirth and new beginnings never ends. If your dreaming mind featured a tree with a crown or apex (or you dreamed of climbing a tree and struggling to reach the top), this suggests a desire for spiritual growth. Alternatively, it could suggest ambition in your professional life or the desire for safety or refuge, as when you climb a tree to escape. If you dreamed of a falling tree, this represents a sense of threat to your identity.

Tall trees are a symbol of aspiration and reaching up to the sky, while a short tree is a symbol of low aspirations or selling yourself short. A tree that is fallen or cut down may symbolize obstacles in your path, and a tree struck by lightning or in flames may represent a situation that is about to erupt. It

can also symbolize electrified energy or being ‘on fire’ for a goal or desire.

Branches symbolize the various directions you have taken in your life. Branches could also represent your children, or the birth of new ideas that may one day flourish and bear fruit. A tree with wide branches could suggest a warm, open personality, whereas a small, close-leaved tree would suggest an uptight personality. The noise of the wind rushing through the branches was considered by ancient people to be the voice of nature; in dreams it signifies truth telling or the need for it. You should look for clues in your dream as to what truth your unconscious wants you to hear or tell.

People have worshipped trees for centuries and profound symbolism is associated with them. The dream image of a mature flowering tree can evoke the Tree of Knowledge and the Tree of Life at the heart of Eden or the cross on which Jesus was sacrificed, which is also called a tree and is a symbol of redemption. These Judeo-Christian images have their counterparts in other cultures and myths, with divine trees that sustain knowledge, spiritual growth and divinity, perhaps the best known being the mighty ash Yggdrasil of the Norsemen. And in Islamic belief a tree symbolizes a spiritually mature person. A tree can also represent time: the root, the past; the trunk, the present; and the branches, the future. Perhaps your dream says something about your hopes for the future.

According to ancient dream lore, climbing a tree is said to be lucky. If you dream of a fruit-bearing tree, take a look at which type of fruit is present and its meaning for you. If you noticed the species of tree, what is that species associated with for you? Did you dream of the mighty, strong oak, dainty cherry tree, or somber, dark conifers? Did you dream of a single tree or a forest? If you find yourself lost in a forest, perhaps you ‘can’t see the forest for the trees’ or have lost sight of your goals. Walking through a forest may symbolize a need to get back in touch with your inner self and your instinctual nature.

Leaves

Fresh new leaves signify new ideas, new interests, or the part of you that is still vulnerable because it is new. Withered and dying leaves suggest waning enthusiasm and falling leaves suggest things that have happened in the past. If the tree in your dream does not shed its leaves and is an evergreen, this denotes an energetic and healthy approach to life. You can also be blown like a leaf, suggesting changing moods or opinions, or separation. Birds in the

branches may also represent your thoughts.

Roots

The roots of a tree represent your unconscious mind, as well as your childhood and your past, the 'roots' from which you have grown. If the roots in your dream appear strong, this suggests that the past is still heavily influencing your present. It could also suggest that your past was stable and supportive. If, on the other hand, the tree in your dream was a young one, the message may be that you are in the process of putting down your roots or establishing yourself in the waking world. A dream in which the roots are in the sky suggests wisdom and insight. Spreading roots would indicate an ability to relate well to others, whereas deep roots would suggest a more self-contained attitude. An uprooted tree symbolizes a feeling of being uprooted in waking or spiritual life. Are you losing your hold on the ground? Roots symbolize home, family, and stability. Are any of these things changing in your waking or spiritual life?

Trunk/Bark

A symbol of family tradition, the tree trunk can also represent your individuality and your conscious mind, while the bark symbolizes the image or persona you present to others. If the bark on the tree was strong and tight, then your approach to life is straightforward and direct but if it was peeling, then perhaps you are feeling vulnerable or are worried that others can see right through you. A rough trunk suggests a rough and ready personality, whereas a smoother trunk would indicate more sophistication. Tree sap can be associated with blood so if it appears in your dream, perhaps with insects feeding on the oozing sap, it could be that your energy levels are currently low and you are feeling worn down by petty irritations. You can tell the age of a tree by counting the rings on the felled stump; in a dream, these rings may represent your past experiences and the wisdom you have gained in your life.

Specific trees may be significant to you, so try and identify the feelings and associations a specific tree evokes if one appears in your dream. For example, does the magnolia that graced your childhood garden conjure up a happy childhood memory or is it the tree you carved your initials on with the name of your first sweetheart? If your dream tree reminded you of nothing in particular, it may be that you are unconsciously aware of its traditional,

mythical, or religious symbolism and this may have relevance to your waking situation. Specific trees carry with them ancient associations and although it is unlikely that these associations have much relevance in modern urban life, they can and do still carry weight in your dreams.

TRESPASSING

See NEGATIVE SYMBOLS.

TRIANGLE For many, the triangle represents the three parts of the Holy Trinity – the Father, the Son, and the Holy Spirit; it can also represent the number three and its various manifestations in father, mother, and child, or body, mind, and spirit. If you are religious, the triangle could be telling you to pay more attention to your religious teachings. It can also mean feeling independent or being able to stand on your own two feet. If the triangle is facing upwards, this suggests that it would be better to channel your energies into your conscious objectives but if it is pointing downwards, you should turn inwards and explore your unconscious mind.

On the other hand, the triangle was a symbol used in Third Reich to mark out those who were ‘different’ and ‘bad’. If you are seeing a triangle in a negative manner in your dream, it could be that you are feeling singled out, feeling like people are harassing you for no good reason, and that you are frustrated and frightened by this. For Freudians, the triangle is an image of sexuality, male pointing upwards and female pointing downwards. If your dream incorporated a triangular figure or shape, it may also have denoted three people who are closely linked to you in the waking world; perhaps your children and your partner, or perhaps a love triangle.

According to Freud, a pyramid is a symbol of an erect phallus. Others suggest that this powerful image represents spiritual aspirations. Alternatively if you dreamed that you found yourself in an Egyptian setting awed by the sight of the Great Pyramids, perhaps your unconscious is urging you to travel and see the great wonders of the world or to explore your own inner world. The square base of the pyramid can denote your unconscious foundations and the apex of the pyramid your aspirations. The pyramid can also represent a mountain you need to ascend in order to achieve your highest ambition, which may be spiritual enlightenment. There is a well-known game – square, circle, or triangle? – in which you draw a square, circle, or a triangle and ask

someone to elaborate each of these shapes into a drawing. Whatever your playing partner makes of the square is supposed to relate to their outlook on the world, the circle to their inner being and the triangle to their sex life. See if any of this makes sense if squares, circles, or triangles appear in your dreams.

TROLL
See **FAIRY, INTERNET**.

TROPHIES
See **PRIZES**.

TROUT
See **FISH**.

TRUMPET In a dream the trumpet suggests the need to be ready for action. It may be alerting you to some danger. Angels are often depicted blowing trumpets, and it could also suggest the call to reach your potential and find the best within yourself.

TRUNK
See **TREE**.

TSUNAMI
See **TIDAL WAVE**.

TUNNEL
See **UNDERGROUND**.

TURKEY
See **BIRDS**.

TURQUOISE
See **GEMSTONES**.

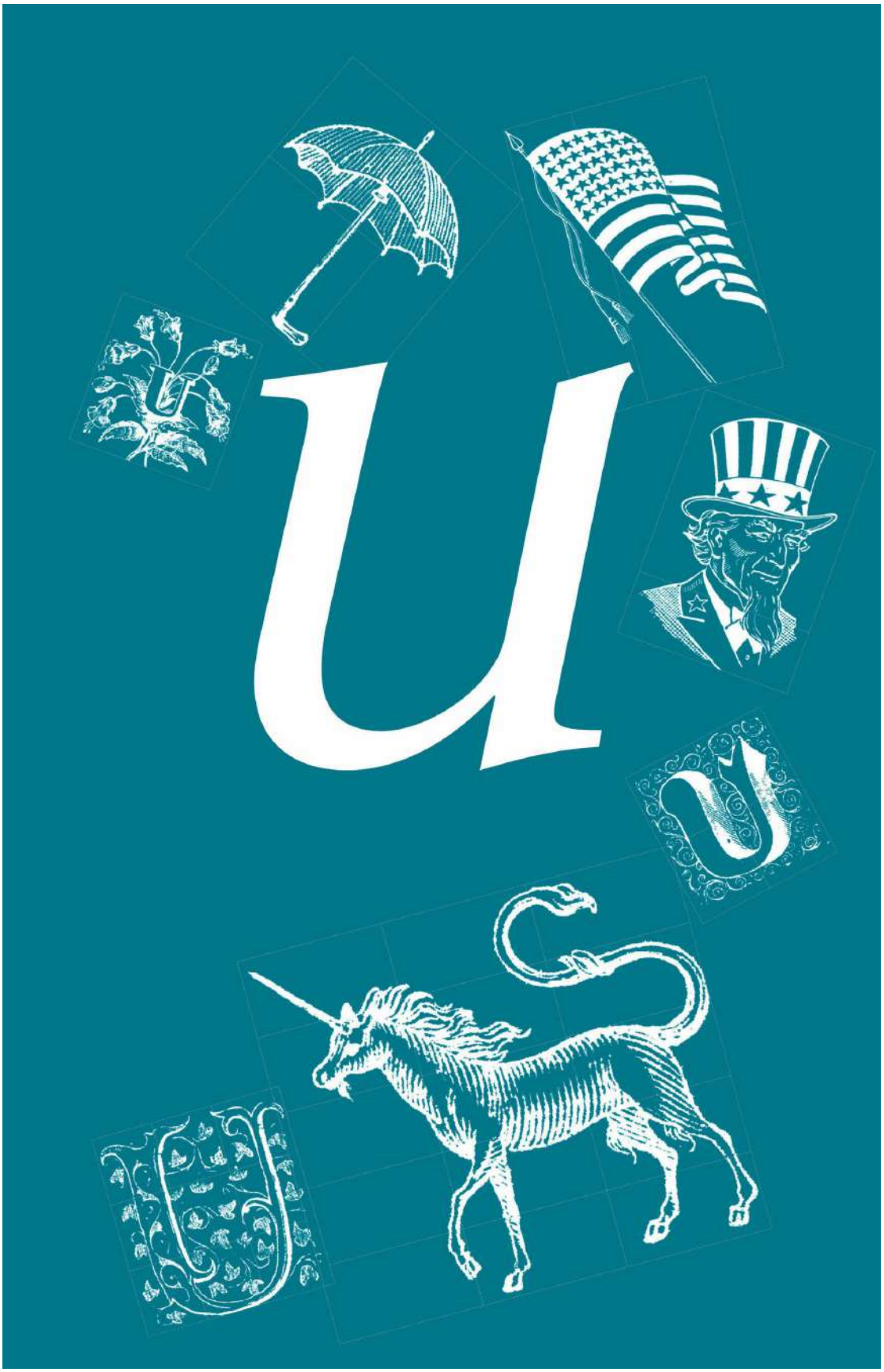
TURTLE
See **REPTILES**.

TWILIGHT
See **TIME OF DAY**.

TWIN Two aspects of your personality. If the twins are not identical this suggests conflict between your inner and outer realities. If they are identical this is a sign of inner harmony.

TWITTER
See **SOCIAL MEDIA**.

TYPEWRITER
See **WRITING**.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UFO Dreams of UFOs suggest personal growth. As the awareness of the infinity of possible person choices can be an overwhelming experience, your dreaming mind may express it as alien contact, UFO or an experience of extremely bright light. Such a dream also suggests that a new area of experience, or a new way of experiencing yourself, is emerging. A UFO dream may often come before significant life changes; you should consider what changes are occurring in the way you relate to people and events.

UGLY Dreaming that you are ugly may indicate anxiety about what others think of you. The central question when it comes to interpretation is whether you believe yourself to be ugly, or whether others are imposing this view on you. Perhaps your feeling of physical inadequacy is due to a change in your waking life, such as being pregnant. Other changes that may influence your body image include a shift in physical or moral behavior, such as smoking, drinking, using drugs, becoming sexually active, or participating in sexual experiences you once considered taboo. This dream is worth serious consideration as how we feel about our bodies is often a significant part of how we feel about ourselves overall as a person. If you are having recurring dreams of personal ugliness, then counseling for self-esteem or eating disorders may be worth considering.

UMBRELLA Umbrellas are protective accessories, so if you used one in your dream are you feeling deluged in waking life? Do you need to find shelter? Rain shares water's symbolic association with emotion, so if rain pours down in your dream, forcing you to use an umbrella, are you being battered by a stream of your own of emotions, or those belonging to someone else?

UMPIRE

See **UNIFORM**.

UNCLE An uncle may also be a role model and, however you feel about him in waking life, your dream may use him to make a comment on the success or failure of strategies you may be using in waking life. For example, if you think of your uncle as a failure or a success, ask yourself what it is in yourself that you consider to be a failure or a success.

UNDERDRESSED If you have a dream in which nakedness features strongly, or if you dream of appearing underdressed in public, ask yourself if you want others to see you as you really are in waking life. Examine how other people respond to you in the dream, as their reaction and behavior may be holding you back. Often these dreams reveal a fear of exposure, so ask yourself if you feel guilty about something. Have you recently been pretending, or even lying, about something you don't want others to discover? Also ask yourself if you fear that a plan or a concept you are offering to others will be met with disapproval. You should also pay attention to your feelings in the dream about being naked or underdressed. Do you feel pleasure at being free of inhibitions, or do you feel anxious and vulnerable?
See also **INAPPROPRIATE ATTIRE**, **NAKED**.

UNDERGROUND A dream that takes place underground or under the ocean can be a symbol of the journey into the unconscious and lead to the discovery of unknown parts of yourself. This type of dream can also be a representation of the womb and of the possibility of rebirth. To dream that you live underground symbolizes a desire for greater security and peace of mind. If you dream of a pit, you might suffer from anxieties about female sexuality. Jungians see the pit as an image of unconscious urges that need to be explored with care. To dream that you are in a mine signifies that you are getting to the bottom of a particular problem, and may have even reached its core. The journey you are prepared to take to understand yourself better might be symbolized if you find yourself traveling on the tube or the subway; the same is true of any dreams of tunnels, which generally indicate the need to explore your unconscious. Such dreams may also represent the birth canal and therefore the process of birth. If there is light at the end of the tunnel, you are progressing positively but if something is blocking the tunnel, some past fear or experience is blocking your progress.

UNDERTAKERS

See FUNERAL.

UNDERWATER A journey into the unconscious may be symbolized by an underwater dream. The underwater descent is a journey of discovery into your unknown parts and is a sign that you are ready to explore your own intuitive and instinctive aspects. The symbolism may also be a representation of the womb, the underwater scene symbolizing regression and the hope of rebirth. Perhaps you are feeling helpless, unable to care for yourself, and long to return to a stage where you are dependent and free of responsibilities. To dream that you are underwater may also indicate that you are feeling overcome with emotions and are in need of greater control in your life, or that you may be in over your head regarding some situation.

How the water behaves in your dream is also significant. Rising water indicates rising emotions. Turbulent, choppy waters symbolize being overwhelmed emotionally. Being caught in a swift moving current suggests being 'swept up' in one's emotions. Cloudy water suggests lack of emotional clarity or a fear of emotional contamination. Swimming or bathing peacefully in water symbolizes a comfortable immersion in your emotions. The ability to breathe underwater and interact with creatures of the sea indicates that you have access to your unconscious feelings and awareness. Seeing a diver or becoming a diver suggests that you are delving into your unconscious, or trying to 'get to the bottom' of a current situation or problem. Not surprisingly, Freudians believe that underwater diving may have sexual connotations and represents intercourse.

In addition to fish and sea creatures, what you observe in your underwater dream may be significant. If you see a sea chest, this indicates what you carry with you on your spiritual quest, or in everyday terms, your spiritual baggage. The sea floor refers to your spiritual foundations. Is it ablaze with color and life, or barely inhabited? Sea foam stands for spiritual confusion or a stirring of your beliefs, seafood for spiritual knowledge and nourishment. Recall the condition and type of food. Sea level pertains to spiritual truths, while sea legs suggest spiritual comfort or feeling at home with your spirituality. Sea monsters suggest spiritual danger and an earthquake at sea warns that your beliefs might be shaken. Sea salt stands for strong spiritual beliefs, seashells for spiritual gifts and talents. Recall the quality and quantity of the shells. Sea

slugs warn of spiritual laziness or entrapment, sea snails denote a slow and steady progress with your spiritual development, sea sponges stand for spiritual over absorption, and sea spray represents spiritual gifts or insights. Finally, coral symbolizes your spiritual attributes, coral fish stand for spiritual protectiveness and guarding your beliefs from outside influences, and a coral reef represents the difficulties of maintaining a spiritual balance in the physical world.

UNDERWEAR

See CLOTHES.

UNDRESS

See CLOTHES.

UNICORN A pure snow white horse like creature with a single horn on its forehead. This legendary animal of dual nature represents both the lunar and the feminine but the horn is also seen as a symbol of male dominance. In dreams it may indicate unresolved conflicts in waking life. In Christian legend the unicorn symbolizes a transcendental spiritual purity and goodness. There is also a story that unicorns missed being taken into Noah's ark because they were too busy playing. You need to be mindful of what is going on in the real world if you are to survive.

UNIFORM Uniforms are symbols of depersonalized authority in dreams, so if your dream featured images such as soldiers in uniform or policemen on duty and you were the only one not wearing a uniform, this may reflect your waking sense that you are falling out of line in some way or have deviated from what is expected from you. Did you try to fit in or did you assert your individuality and non-conformist nature?

See CLOTHES.

UNITED STATES The United States is a federal republic consisting of fifty states. In dreams, it stands for diversity and openness to possibilities, as well as open-mindedness, hope, and new beginnings. The American Dream refers to basic life goals or basic rights common to everyone. In other words, the good life that is without ties to country, class, or ethnicity.

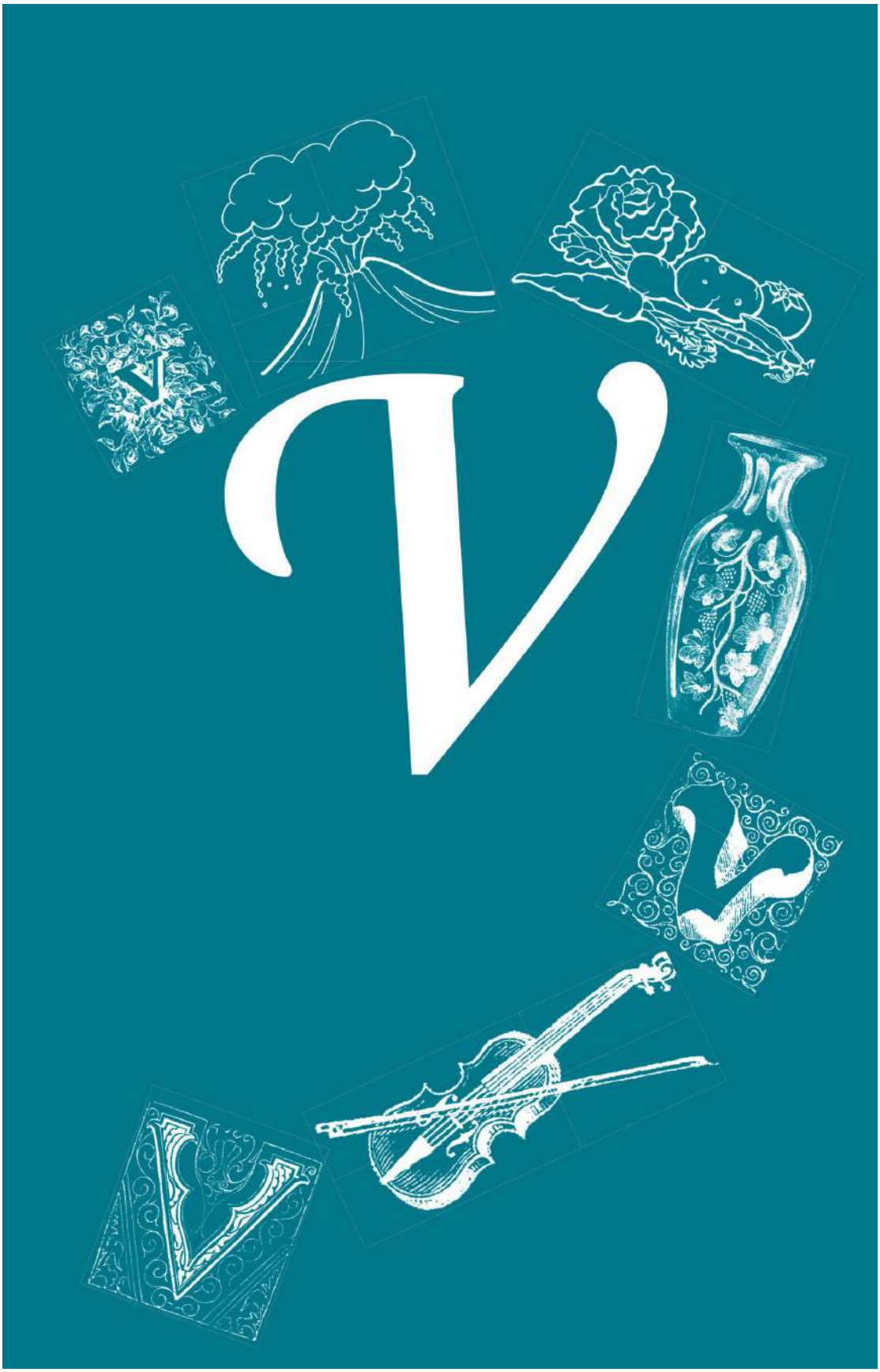
UNIVERSITY Whether or not you attended university or college, in dreams they often symbolize the hunger for knowledge.
See also **GRADUATION.**

UPHILL

See **CLIMBING.**

URINE

See **EXCREMENT**.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VACATION If you are traveling toward a vacation destination in your dream, this may suggest disillusionment with your current daily routine. If you are making a hectic dash to the airport or enjoying first-class perks on your journey, this can point to whether or not you feel anxious or calm about your current circumstances. If you have packed too many bags for your dream vacation, this may suggest clinging onto worries and issues that burden you. If a ticket for going on vacation features in your dream, this expresses opportunity. The dream image conjures up wishes associated with travel or taking a risk in some aspect of your life. If you lose your ticket in your dream, this suggests anxiety about losing the chance of new opportunities in your emotional and professional life in the real world. Taking your camera on your dream vacation may indicate the need to preserve, hold onto, or remember an important event or person in your life. Forgetting your camera means that you are forgetting what is important in your life.

VACCINATION

See **INJECTION**.

VACUUM CLEANING

See **HOME IMPROVEMENTS**.

VAGINA

See **BODY**.

VALLEY In dreams, a valley is a symbol of fertility and abundance as it brings together the elements of earth and water. Another interpretation suggests that a valley represents the journey of self-discovery. If the valley in your dreams is a rugged and steep ravine or gorge with a river funning along

the bottom and trees lining its slopes, this can be a metaphor for sexuality and the adventure, excitement, and danger this promises. A steep canyon may represent maternal domination. If there are cliffs at the top of the valley this may refer to a new attitude or new awareness.

VAMPIRE The most obvious image of a vampire is of a creature that is dead and sucks the blood of the living, rising from the grave at night to do so – then sleeping all day in a most inhuman-like fashion. Your blood is your life force, it carries with it everything you need to survive; if your blood drains away, you become weak and die. Vampires are therefore the parasites of the supernatural realm; they share a world with ghouls (creatures that prey on the dead), and the succubi and incubi that take on human form to have sex with sleeping people. In the past, when the Catholic Church was a little more superstitious, they blamed a person's apparently sudden sexual awareness on these sexual interlopers of the night. Vampires are often repelled by simple, natural things like daylight; they are also turned away by religious symbols in mythology.

Dreaming of these parasitic creatures can signify a number of things: that a part of your existence is having the life sucked out of it, that you need to take a closer look at the more tiresome aspects of your life and dispel the worries connected with them or that you need to employ some kind of self-protection or preservation. It may be that your partner is holding you back, or that your mother is trying to control every aspect of your life so that your energy is being drained away. It is also possible, but rare, that you are the one behaving in a parasitic manner and are subconsciously quite disturbed by it. Alternatively, to dream of seeing a vampire may indicate that you are feeling seductive, powerful, and very sensual.

VASE If the vase has flowers in it this suggests beauty and if the vase is empty it suggests receptivity and the potential for personal growth.
See also **FLOWERS**.

VEGETABLES Vegetables, like fruits, provide nourishment and nutrients but unlike fruits they are seldom regarded as delicious or sweet treats. This is why in dreams they symbolize experiences that are good for us, providing basic emotional nourishment. But vegetables are not always good

news; because we often refer to people who are slow, lazy, sluggish, or inactive as ‘vegetables’ or ‘cabbages’ or ‘couch potatoes’, a dream image of vegetables may be referring to your own inability to think, function, or get active in waking life.

In dreams, vegetables can symbolize the most basic human emotions. There may also be an allusion to your diet; in waking life you may not be getting enough fiber, cereals, and vegetables. Bear in mind, too, that your own personal associations and preferences concerning specific vegetables will influence your interpretation; for example, if you were forced to eat spinach as a child, you may associate it with punishment. If, however, you have taken personal associations into consideration and they still can’t help you interpret your dream, it may be that your unconscious was drawing from a wider source of symbolism.

For example, if you dreamed of a long, rigid vegetable such as a leek, carrot, or cucumber, this could be a phallic symbol referring to intimacy issues in waking life. Also consider the words associated with vegetables such as ‘cool as a cucumber’, ‘mushrooming’, ‘dangling a carrot’, ‘peas in a pod’, and ‘hot potato’. Because many vegetables grow in the soil, they also have numerous associations with death and rebirth, often being considered as a powerful symbol of spiritual growth. In the broadest sense, vegetables are a connection to your family and community, and represent the goodness you can take from earth. Vegetables force you down to the depths of your unconscious.

Eating vegetables signifies the taking in of fundamental spiritual nourishment, and in this sense, cooking vegetables can be seen as an alchemical process. If the vegetables in your dream are overcooked, this could suggest that you are concentrating too long and too hard on a particular problem, or ‘overcooking’ a relationship by allowing it to become claustrophobic. On the other hand, cooked or prepared vegetables could refer to ideas which are developing or simply offering themselves to you, ready for growth and nurture. Growing vegetables indicates fertility and renewal. Rotting vegetables are a symbol of death and endings but they are also the precursor to renewal and growth. Seeing rows of neatly planted vegetables in a dream could mean the loss of free will or the imposition of too rigid a sense of order in your life. Wild vegetables, by the same token, symbolize disorganization. Frozen vegetables show a state of suspended emotional animation, while processed vegetables have had some, or all, of their

nutrients removed and suggest the dominance of style over substance in waking life.

The color of the vegetable will also be significant. A common dream image presents a variety of vegetables in great abundance for the dreamer to feast on suggesting a desire to enjoy the goodness of nature. However, such dreams may also reflect concerns about your lack of money or abundance. As with fruits, don't forget that the color, shape, number, and condition of the vegetables in your dream will all be significant.

See also **FOOD**.

VEHICLES As well as indicating the manner in which you are progressing toward your goals or what is driving you forward in waking life, dream vehicles tell us whether we are in control of our lives or being driven by something or someone else. So if any vehicle appears in your dream, pay attention to the identity of the driver and try to make a connection to your waking life.

If you dream of a truck, much of the symbolism associated with cars also applies, but since trucks are often associated with business and work your dream may have hinted at the progress you are making in your working life. If you dreamed of a rubbish truck, your unconscious may have been urging you to get rid of emotional pressures that are dragging you down.

All vehicles symbolize a means for experience or the progress you are making in life. The use of the vehicle will give indications as to the type of experience being related in the dream message. For instance, an ambulance will indicate a need for healing in the giving and receiving of experience, while a police car will signify the need for discipline in life. Vehicle malfunctions are a fairly common nightmare among all people and all ages, whether or not the dreamers actually drive. Sometimes you might have problems with an aircraft you are flying; such a dream typically takes place when you feel that events in waking life are out of control. When your time in a car or another vehicle is delightful, this represents freedom or moving in the direction of your choice.

VEIL According to Jungians this image suggests a desire to be invisible and to withdraw from the world.

See **DISGUISE**.

VERMIN Dreams involving any sort of vermin suggest that you need to contemplate, or take into consideration, something that is unwanted or that has invaded your space.

VIOLET

See COLORS.

VENEREAL DISEASE

See SEX.

VERTIGO If you fear heights in your dream this suggests a reluctance to advance due to fear of failure.

VICTIM If violence or negative actions are directed against you in your dream, you may be punishing yourself in some way or feel guilty about something. Alternatively, you may be feeling vulnerable. If you knew your attacker, you may be unconsciously aware of a real threat that they pose to you in waking life. Another interpretation suggests that if others are behaving violently toward you in your dream, you need to take care not to upset others in waking life.

If your dream portrayed you in front of a firing squad, this is a symbol of your feelings of victimization in waking life. If your attacker was female, this may represent the archetypal terrible mother or huntress archetype, while a terrible male attacker may have represented the archetypal villain or ogre. In either case, try to identify who or what it is in your waking life that makes you feel so consciously or unconsciously afraid. If your dream attacker was an animal, the most likely interpretation is that the animal represents a problem within yourself rather than an external threat. The type of animal attacking you and your personal associations with it will be significant. Your unconscious often employs animals to symbolize aspects of your ‘animal’ or instinctual nature, so it is possible that you have neglected a basic human urge or instinct that the attack is an attempt to have recognized.

If a dream attack leaves you feeling battered and bruised from the array of blows and kicks that rained down upon you, it is possible that your unconscious is trying to kick-start you into action. Is there something you

need to do or have you been lazy recently? If your injuries are serious, however, this suggests deep emotional hurt. Try to identify who attacked you or stabbed you in the back, as this could help you with your interpretation. Try to recall also if any weapons were used, as weapons often have phallic or sexual associations. If blood is pouring out of your wounds, perhaps you are feeling drained of energy and vitality, or someone is sapping your strength.

VIDEO To dream of watching a video suggests that you are not fully involved in some area of your life. You are keeping your distance. Sometimes, taking a step back to view things going on in your waking life objectively is the best course of action. How you feel when you watch the video will give you a clue as to whether it is the best course of action. If you feel calm and content, then you are doing the right thing; but if you feel anxious then perhaps you need to become more engaged in your waking life. Always consider the material in the video you are watching as it will relate to some area of your life or aspects of your life that you are not acknowledging.

If you fast forward the video, this suggests you are trying to avoid something; if you pause it you are taking time to decide; and if you press rewind, this suggests you are feeling regret about the past. Editing or filming a video in your dream indicates that you are concerned about how others view you in waking life. If you have a video chat with someone in your dream pay attention to who that person is as it could suggest you need to reach out to him or her, but it can also suggest you need to keep your distance. Again, how you feel in your dream and what you discuss in your chat will help you with the interpretation. Also, if the focus of your dream is more on the video and the equipment you use to record it, this is a sign that greater objectivity is required.

Choosing a video to watch in your dream suggests that you are looking for more adventures in your daily life and your dreaming mind is encouraging you to seek out new experiences. Watching YouTube or videos online is more immediate and relevant to your current situation and represents your everyday thoughts and responses. The content of what you are watching will be very important here. See if anything relates in any way to your waking life. The same applies if you find yourself watching a celebrity or reality star or any online influencer. What is it about that person or their viewpoint that resonates with you? What can you learn about yourself from them or what can you learn about a situation or relationship in your

waking life? Do some research and see where your intuition leads you.

Video games appearing in dreams may suggest that you need to be more imaginative in your approach to life, or it could suggest a desire to escape from reality or the mundane. The game you are playing may offer you clues. Interestingly, there is research to show there is a link between playing video games and an active dream life. It seems that the more people play video games the more likely they are to have lucid or intense dreams.

Finding yourself in a video game suggests that you feel manipulated or controlled in some area of your waking life. It can also be a sign that you are looking for someone else to tell you what to do when what you need is to take responsibility for your own life and decisions.

See also **FILM**, **TELEVISION**.

VIDEO GAMES

See **VIDEO**.

VILLAGE In contrast to the bustling city, a dream set in a village may evoke a longing for simple and traditional values in waking life. It may be an attractive ideal for dreamers disillusioned with the rushed and impersonal nature of city life.

VINEGAR

See **FOOD**.

VINEYARD

See **ORCHARD**.

VIOLENCE If you have a dream where the conflict contains gruesome, explicit images of violence, try to relate these to your waking life. If you can't think of any waking parallels, consider the identity of your opponent in the dream? Is this someone you recognize or is it a hidden part of yourself? Was your opponent serious or light-hearted? Was anyone hurt in the dream? Was the conflict resolved and how so? Any violence in dreams is a reflection of your own inner feelings about yourself and sometimes about the situation around you. Seeing yourself as a victim of self-imposed violence suggests self-blame, perhaps related to the end of a relationship or the death of a loved

one, both of which you may feel could have been avoidable had you acted differently. Dream violence toward yourself may also express low self-esteem, self-loathing, and destructive urges that should be dealt with before they erupt into waking life.

If, on the other hand, you are lashing out at others in your dream, this may reflect your struggle to fight the undesirable impulses within yourself. Violence toward an old person can indicate resentment against authority. Violence toward a child may indicate the dreamer's inability to accept and express the child within themselves. If you dreamed that you were attacked or threatened with attack, it may be a warning of an attack in waking life. This may not be a physical attack but an attack on your integrity or character.
See also **BAD DEEDS**, **DEATH**.

VIOLIN If you are playing a violin well in your dream, or hear violin music, this could suggest that you are expressing your creativity with skill. If you aren't playing well, or the music sounds discordant, this could suggest the opposite. Violins can also represent sexual intercourse or even masturbation. Be aware of the term 'get the violins out', as your dream may be suggesting that you are trying to get unnecessary sympathy. It could also relate to 'fiddle' as another word for violin. Are you 'fiddling about' and doing nothing constructive? Are you playing 'second fiddle' and feeling second best in waking life?

VIRGIN The virgin or goddess was known as Isis to the Egyptians, Myrrha to the Greeks, and Juno to the Romans. In each incarnation she may be seen standing on the crescent moon with stars circling her head. The virgin in whatever guise she reaches your dreams is considered a symbol of good fortune. Pay attention to what she is holding in her hands. If she carries a ray of sunlight this represents spiritual progress. If she carries a chalice of dew this is seen as encouragement to reform your ways and if she is playing a lyre this suggests a period of calmness and introspection.
See also **SEX**.

VIRUS Computer virus might be symbols of ideas or thoughts that cause irritability or anxiety in waking life. They may also indicate that you are taking in negative suggestions from others to the detriment of your health.

See also **BACTERIA**.

VISITOR If the guest or visitor in your dream is known to you, then perhaps you are expecting some important news to reach you or perhaps there is something you need to know about that person. If the guest or visitor was not known to you or they make you feel uneasy, perhaps you are concerned about an unwanted interference in your life. If you are the guest or visitor, this suggests that you are looking to broaden your horizons or gain new experience. If the guest or visitor outstayed their welcome, think about your current relationships; are some of them past their sell-by-date? If you were the guest that people wanted to leave, perhaps you are being insensitive in some sphere of your life.

VOICE The voice is the tool we use to express ourselves, so when you hear voices in your dreams the unconscious aim is to draw your attention to the information being given. From a psychological point of view, when you repress certain parts of your personality they can surface in dreams as disembodied voices; dream voices could therefore be drawing your attention to aspects of yourself that you are neglecting or denying in your concern with everyday distractions. If the voice was that of God or an angel, this may also be an expression of your intuition or unconscious wisdom that is not yet integrated into yourself. Recognizable voices may remind you friends or family who have been neglected. If you hear a call or cry as if from a great distance, your unconscious may be suggesting that someone you know is in distress. It could also indicate that you should not be so proud and seek support from others when you need it. If the voices in your dream come out with nothing but babble or gibberish, this suggests barely controlled rage that needs to be confronted and dealt with if it is not to erupt and create chaos in your waking life.

Conversation

If you hear a conversation in your dream, either your own or someone else's, you need to consider your dreaming reaction to what is being said and what it may have signified for you in the waking world. You may have had a conversation in your dream and felt uncertain about what it meant. Bear in mind that in the symbolic language of dreams, the words used often communicate a truth of which you may be unconsciously aware but are

disregarding. This is why a dream voice can be the voice of your conscience, especially if it was nagging you.

Cursing/Shouting

Using bad language or shouting in your dream suggests hidden anger or fear. Both Jung and Fritz Perls believed that each dream character and object is an aspect of yourself. They believed our character is multifaceted and strives toward wholeness, so if your dream contained foul language, you might consider that the raunchy vocalizations are trying to get your attention. Maybe you are too timid in waking life and need to listen more to the parts of yourself that are forceful, pushy, or lewd? If you find that someone is shouting at you in your dream, this may be a warning, urging you to slow down and think things through; it may also, however, be a greeting or applause for your achievements. If you hear cheering in your dreams, this often indicates happy or triumphant feelings, although it could also be wish-fulfillment.

Crying/Screaming/Laughing

If you or someone else was crying, screaming, or laughing in your dream, this may be a confirmation of how they are feeling in waking life. Similarly, if you woke up laughing, screaming, or crying after your dream, could these vocalized emotions be expressing the happiness, excitement, and sadness you are experiencing in waking life? Or were you crying for help or screaming in terror? Have you been repressing powerful emotions in waking life, and did venting them in the dream give you a sense of release?

Dreams of crying may function as a release for the sorrow or grief that has been holding you back consciously or unconsciously in waking life. Alternatively, such dreams may be an intuitive awareness of something ending or someone leaving in your waking life; or are your tears crocodile tears? Dreams of laughing suggest a release of tension or an attempt to put yourself and others at ease. Depending on your feelings during the dream and on waking, the laugh may, however, be a sign that you are hiding the truth or taking things too lightly, as sometimes laughter can hide sadness and the truth. Bear in mind that laughter can also be a sign of contempt, and if someone laughs in your face, your unconscious may have used the archetype of the Trickster in an attempt to make you rethink something or reconsider your values. When the laughter becomes the kind of cackling associated in

folklore with wicked witches and mischief-making, this may represent your inner voice questioning and ridiculing your pretensions.

Foreign Language

If you had a dream in which you could not understand what people were saying to you, this suggests that you are feeling excluded from your social circle or family, and that everyone seems to be speaking the same language apart from you. Alternatively, your unconscious may be urging you to learn a new language or broaden your horizons in some way. If, in your dream, you were talking to others but they could not understand you, does your dream mirror your real-life inability to communicate with others or your feelings that you are not being listened to?

Talking

In dreams, talking suggests what you feel and think, as well as standing up for what you believe in; it may also suggest attempts at justification or the correcting of an opinion. If you have difficulty in talking in your dream, this suggests repressed anger, difficult feelings, or an absence of social contact in waking life.

Unexpected Utterance

Sometimes you may hear the most unexpected or even ridiculous things in your dreams, whether they are said by people, animals, or even objects. If you simply can't understand what someone is saying to you, look first of all at whether what they are saying is being cloaked in metaphor. Bear in mind, too, that an unexpected utterance by a dream character may be giving rise to something you are not ready to hear; sometimes we put our unconscious fears into someone else's mouth, or the utterances represent old issues or negative voices you have not yet banished.

Freudian slips are everyday occurrences in which we express strange or unacceptable thoughts or urges. For a split second, the censoring aspect of your self is put on hold and what is really on your mind pops out in a seemingly bizarre and unexpected way. These slips happen in every day speech as well as in dreams, so if verbal mistakes or slips appear in your dream – such as 'I thought you were dead instead of retired' – they will tell you something about your unconscious wishes. It is possible to have a dream in which you say the most unexpected and embarrassing but secretly true

thing to a dream character.

Whispering
If, in your dream, your voice or the voice of someone else is very quiet, this could suggest that you or they are having difficulty getting their point of view across. If you heard a whispered conversation or whispers, do you fear that others may be gossiping about you or keeping a secret from you? Or if you saw someone else whispering in another person's ear, do you feel excluded in some way from their closeness in waking life? If you overheard but were not a part of a conversation, does this emphasize your sense of being excluded? Whistle, sound of: A signal to take action or an affirmation of life as in the old superstition of whistling as you pass a grave.

VOICEMAIL
See **TELEPHONE**.

VOLCANO Early dream oracles linked dreams about volcanoes with passionate but deceitful love. An 18th-century almanac claimed that if a woman dreamed of an active volcano, she would be driven by greed to 'ensnare a husband by wantonly flaunting her charms'. In dream lore today, volcanoes are generally thought to represent strong emotions, possibly carnal desire, held in check but bubbling away just below the surface to be released in a violent eruption of pent-up fury. In other words, hot passions are aroused, and care should be taken in case they erupt without warning into violent or dangerous behavior. If you dreamed of visiting or living by a volcano – perhaps a famous one such as Mount Saint Helen's – and then having to run for your life as it suddenly erupted and spewed molten lava into your path, this dream may be referring to a struggle in waking life to suppress your mounting fury. Your unconscious may have used this dramatic image to warn you that you won't be able to contain your anger for much longer. What is especially telling about the volcano is its unpredictability; it could erupt at any time. If the lava is prominent in the dream, feelings will run deep, but if the lava has cooled, there has been a deep passion which has now cooled off. If the explosiveness is more noticeable than the lava, anger may be more prominent. On the other hand, your dream may have reflected the volatile temper of someone you live or work with in waking life, and your fear of being at the receiving end of their anger. Or is a torrent of fiery emotion

about to explode in waking life? If it is, or might be, the experience can be devastating and yet also cathartic. To dream of an extinct volcano can indicate that passions have been killed off or a difficult situation has ended.

VOLLEYBALL

See **TEAM GAMES**.

VOMIT If you felt nauseous or sick in your dream, your dreaming mind might have been trying to pinpoint a bad or negative feeling in waking life with which you need to deal; if you were physically sick in your dream, this suggests you were getting rid of it. Perhaps you are sick of a job, a relationship, or a situation in waking life. A dream of a stomach ache may refer to your having to stomach someone or something, and feeling unable to do so. Try to discover who or what is upsetting you.

VULTURE

See **BIRDS**.

W

WAGE Dreams that feature a wage or salary refer to your potential in waking life; how you spend your wage indicates how you are developing your potential in waking life. The income in your dreams may represent your goals in life but it can also suggest job satisfaction, depending on whether or not you feel you are being fairly paid in your dream. If you dreamed of being paid in any way – be it a wage, salary, bonus check, or cash – remember that money in dreams often symbolizes something of worth, so your attitude toward receiving the money is extremely important. If you felt angry because you were paid a derisory sum, you may be feeling undervalued in waking life or you may feel that someone is cheating you out of your rightful reward. If, however, you accepted the derisory sum without complaint, this suggests that your self-esteem is in need of a boost. If you dreamed of receiving a pay check for a vast amount of money, your dream was probably simple wish-fulfillment, referring either to your desire never to have to work for money again or to your desire to be recognized in some way.

WAITING Dreams in which you are waiting for something or someone suggest a sense of anticipation in real life; they may also indicate that you are looking toward other people to help you move forward in life or make decisions. If you are impatient in your dream, then you have high expectations but if you are waiting patiently, you believe things happen in their own good time. Dreams in which you are stuck in a stationary traffic jam or in a broken-down car may express frustration about a relationship that seems to be lacking in direction or going nowhere. Such dreams, like that of not being able to find a parking place, suggest an inability to find your true identity in life.

Dreams in which you are waiting for test results, lying in front of a doctor or waiting in the dentist's chair dreading what is about to happen to you may reflect real concern if you have a health problem and are awaiting the results of a scan or test. If this isn't the case, such dreams are telling you that an unavoidable ordeal lies ahead and you need the strength to face it.

Alternatively, your unconscious may be aware of a potential problem with your health or teeth and is trying to encourage you to consult your doctor or dentist for a check-up.

WAITER/WAITRESS

See **DINING OUT, WORK**.

WAKING UP A dream of waking up and getting ready when you are in fact asleep may signal reluctance to face challenge or a new challenge – such as a new job. Then again, perhaps this false wakefulness is the mind's way of preventing you from waking up, thereby exemplifying Freud's theory that the purpose of all dreams is to prolong, rather than interrupt sleep.

WALKING In general, activities such as walking, running, and cycling are self-sufficient, pro–active, and personal modes of progression, owing their movement entirely to will and physical effort. A possible Gestalt interpretation would be to regard dreams of walking, running, or cycling as projections of the dreamer's developing independence and autonomy. Your competence within your dream activity depicts your emotional stage. If you are agile, this suggests you are coping well. If movements flow, you feel in harmony with your emotions and your sexuality. If, however, you get stuck, feel stiff, and cannot move easily, this could indicate that your personal development is held back by anxieties and fears. To dream you are walking is probably a comment on the pace of your waking life, and how well you are coping with all your responsibilities. If you are walking confidently, it could indicate that you are in control and taking things in your stride. Consider your destination. Do you know what it is?

Perhaps you feel that you are giving more than you are getting back at work, or in particular. Walking is a classic symbol of your thought processes or progress in life; the surrounding landscape will give you a clue as to the meaning of the dream. If you shake dust away from your shoes as you are walking, this suggests that you are breaking successfully from the past. Dust is a symbol of the earth and if you are gathering dust on your clothes, shoes, or in your hands as you walk, you may be thinking about the approaching of old age. A dream limp may suggest your movement is being crippled or restricted in some way in waking life. To dream that you are walking at night

signifies discontent.

Always consider how you were moving in a dream and try to make the connection to your attitude in waking life at present. Are you walking purposely in your dream and do you know where you are heading? If you can answer positively to both of these questions, this suggests a sense of direction and purpose in life. The opposite is true if you are lost. If you were skipping or dancing, you are feeling carefree but if you are dragging your feet, this may suggest reluctance. Tripping or stumbling suggests making a mistake; jumping, taking a short cut; crawling, humiliation or extreme hardship. And if you could not move at all, your dreaming mind may be reflecting your sense of being at a complete standstill in your waking life as a result of your indecision. Running in a dream suggests impatience to reach a destination. It can also indicate a desire to please others or to run away from them.

WALL To see a wall in your dream signifies protection, limitations, obstacles, and boundaries. When they are well maintained they can give privacy. However, when they are damaged they can let anyone through. Walls in dreams indicate potential blocks to your progress, or difficulties you may be up against in waking life. They suggest obstacles that are stopping you from getting what you want. This may be something from real life or something within yourself. Perhaps you are being like a brick by refusing to show your feelings, or have come up against a brick wall with a particular problem or issue. A wall of silence is a term used to describe problems with communication. There is also the saying walls have ears so have you heard something inappropriate recently or have you hit a brick wall and feel you can make no more progress? Similarly do you feel as if you are banging your head against a brick wall?

If the wall looks old, this suggests the problem is old. If the wall is made of glass, this suggests problems with perception. If the wall is closing in, the dreamer may feel trapped by their current lifestyle. A brick wall, rampart, or dividing wall all suggest the difference between everyday life and the inner psychological state. To dream that you jump over a wall suggests that you will overcome tough obstacles and succeed. To dream that you demolish or break down a wall indicates that you are breaking through obstacles and overcoming your limitations. If you see a wall crumble, then it suggests that you have easily risen above your problems and overcame your barriers. To

dream that you are building a wall represents a bad relationship or some childhood trauma. It also suggests that you are putting barriers up in waking life. To dream that you are being thrown or shot through a wall literally means that you need to break down those walls that you have put up around you. You need to venture out and explore. According to dream lore, if you find a gateway through a wall, this is a sign of good fortune.

WALLET

See **BRIEFCASE**.

WAND

See **MAGIC**.

WAR People who have been in a war situation may be plagued by dreams that recall their ordeals, but for those who have never seen war, such dreams usually refer to private battles raging either within themselves, or between themselves and other people. Are such battles necessary, or would reconciliation be better than victory? Are you being too hard on yourself? Carl Jung believed dreams of war to represent a conflict between the conscious and unconscious minds, which is a struggle between the deep instinctive forces and the rules of conscious conduct. However, sometimes turmoil is needed in order for the personality to develop and grow. If you can accept the part of yourself that is trying to find expression, you may be able to draw up a peace settlement. Anger, sorrow, or pity are usually found in dreams about war; whichever of these emotions you feel will show the feeling or action in waking life that has provoked the dream.

The clue to the dream's subject may be found in the identity of the opposing armies, or the landscape, in the soldier's clothing and the course of the battle may be suggesting a similar action in waking life. Which army did you belong to? If it was a savage army, perhaps your dreaming mind is suggesting that your true allegiance lies with your instincts, but if you belong to a modern, sophisticated army, the dream may be telling you that your inclination is to follow the rule of your intellect. If you witnessed the outcome of the battle in your dream, or admired the victorious army and its winning tactics, this may give you an indication of how best to resolve the conflict within yourself.

Although war and battle dreams may indicate disagreement between two individuals, they may also point to explosive disagreements between certain groups of people in your life; for example, disagreements in the workplace or differing opinions within the family. Your dreaming mind may be warning you that you will soon be entangled in that conflict and this is especially so if a battlefield features in your dream. The battlefield may indicate the area of conflict and your dream may be indicating whether you should take sides or act as peacemaker. A battlefield scene may also represent your working environment or a battle you are waging with yourself, such as the battle to give up smoking, the struggle to keep to a diet, and so on.

If you dream of war, rather than simply a battle, different interpretations are appropriate. War has a more global effect that one-to-one combat or fighting, and this would suggest that you need to be more conscious of the effect your actions have on others. The outcome of war should be the establishment of order, and dreams of wars coming to an end can have a positive interpretation, suggesting that this natural process is taking place on an inner level.

WARDROBE

See **CUPBOARD**.

WAREHOUSE

See **FACTORY**.

WARFARE If, in your dream, you were part of a regiment, this may suggest that you feel safe in numbers, as a part of a crowd or group of people. If you feel sorrow or guilt or resentment, this may reflect your attitude to the group of people you associate yourself with in waking life. Taking part in guerrilla actions suggests secret plans in waking life, while a preoccupation with a helmet and protective clothing may mirror a desire to ‘take cover’ in waking life. A dream in which an invasion takes place may be symbolic of an invasion of your space in waking life, either real or psychological. If a tank appears in your battle, this is an aggressive phallic symbol. It can also suggest an attack on convention and an indiscriminate flattening of all those who stand in your way. The torpedo also symbolizes male sexuality but, unlike the tank, it delivers destruction by stealth. High-tech missiles, cannons, field

guns, and other forms of artillery also present variations on the phallic symbol. On the other hand, they may also symbolize obstacles or 'hot shots' you feel are against you as you pursue your goals. This may be particularly the case if you are a woman in a stereotypically male profession.

If an air raid takes place in your dream, this indicates emotional attack from people or feelings you have about the events around you. A bomb suggests an explosive situation or sudden events that have produced anxiety. It can also suggest your own anxiety. If an underground mine figures in your dream, this can suggest bringing to consciousness potential and innate wisdom. A dream explosion with billowing clouds graphically mirrors the damaging consequences of exploding with pent-up fury or tension in waking life.

WARRIOR

See **ARCHETYPES**.

WASHING If you are washing yourself, or someone or something else in a dream using water, this suggests the cleansing of negative feelings such as despair or self-doubt. Is it time to clean up your act or perhaps get started on a project you have been postponing? Dreams of washing your hair suggest you are thinking of changing your attitude or the way you present yourself to others; if you are washing a vagina or penis, it could mean that you are dealing with the results of a pent-up sexuality, while if you are washing your hands, you may be trying to get rid of feelings about something you have done or been involved with. If you dream of hanging up washing, it suggests that you are allowing change to come into your life, as well as letting other people see your new attitudes.

See also **CLEANING**, **CLOTHES**, **HOUSEWORK**.

WASHING MACHINE

See **HOME IMPROVEMENTS**.

WASP

See **INSECTS AND ARACHNIDS**.

WATCH If a timepiece appeared in your dream, it is important to

remember how you felt during and after the dream as it will suggest the way in which you allocate time in your life. Were the hands moving slowly or quickly? Was the timepiece telling you to speed up or slow down? The type of clock or watch is also important. Was it old-fashioned or modern? Dreams of clocks or watches can also suggest that you rely too heavily on clock time instead of enjoying and experiencing life as it happens. If your dreaming mind zoomed in on a watch or clock, this could also be a reminder to make the most of your time and not to waste it.

If you keep checking a clock or a watch in your dream, this suggests anxiety and worry about some future event. If you don't feel this to be the case, your unconscious may have conjured this panic-stricken theme to urge you to prepare better for a future event or opportunity that may soon present itself in waking life. For example, have you done enough study to pass your driving theory test? Alternatively, your dream may have indicated frustration and regret at your inability in the past to make the most of an opportunity when it was presented to you.

If you dreamed that a watch or clock slowed down, this could reflect your feeling that events are moving slowly in your waking life or that time is dragging. Alternatively, the symbol of a watch may indicate your ticking heart, so if the clock stops or slows down, this may suggest either an emotional standstill or problems with your cardiovascular system. According to ancient dream lore and superstition, when a clock stops, somebody will die but your dream will almost certainly have a different meaning. In the symbolic language of dreams, clocks, and watches reflect your emotional state and a stopped clock or a clock that is broken may indicate emotional blockages or standstills, and a clock whose hands race out of control may indicate feelings run amok.

If you dreamed of a stopwatch, this highlights your sense of feeling pressured or working against the clock. If you are a woman dreaming of ticking clocks, such a dream may indicate your biological clock. Dreams that focus on timepieces may also have been measuring the passage of your lifespan and the ticking clock could simply be a reminder that the seconds of your life are ticking away and there is still much for you to do. Watching the clock in your dreams suggests that you need to make time work for you. A clock tower combines this with a phallic form to offer an image of courage and determination. Evoking great occasions, the chimes of a clock tower may relate to a momentous personal or national event, such as a marriage or a

coronation.

The ancient appearance and archaic workings of a sundial in your dream may suggest that an aspect of your life is unrealistic, out of date, or no longer needed. Is there something in your life that needs modernizing? Alternatively, a sundial may suggest a simpler and purer way of life without the interference of modern gadgets, so the dream could be suggesting your yearning for a life with less technology and bustle.

WATCHING This suggests a desire to learn about or understand someone or something in your waking life better. Alternatively, it can suggest that you are watching out for what people are doing behind your back.

WATER In dreams, water is a common theme and its association with the fluid of the womb and its role in evolution make it an archetypal symbol in the dreamer's emotional life.

Water is also a symbol of the spiritual life force. In most cultures there are tales of healing waters and in dreams, as in baptism, to be immersed in water is to be spiritually cleansed. As the governing element of the Zodiac signs of Cancer, Scorpio, and Pisces, it is said to endow people born under that sign with the feminine qualities of gentleness and changeability.

Dreams of entering water suggest refreshment, healing, and beginning something new. Deep water, pools, and lakes are symbols of the unconscious or of being out of your depth, while shallow water represents a lack of energy. To dream of drawing water from a tap or well, or to be drinking it is in general a positive and creative sign. However, to spill water suggests setbacks. Flowing water signifies peace and security. To be immersed in water suggests pregnancy and birth or new beginnings, and coming out of water also suggests a fresh start. Fast-flowing water suggests lively encounters and fast-moving action; deep, still water suggests hidden depths, while also possibly warning against a person of few words with a hidden agenda. If you see your reflection in water, this suggests the transient nature of life since the reflection can easily be lost. The imagery may serve as a caution against trusting unworthy friends or projects.

If, in your dream, the water is dirty or muddy, it means your feelings are influenced by outer circumstances, worries, material problems, or values. If, however, the water is clear and sparkling, it symbolizes faith, honesty, hope,

and joy. Have you dreamed of boiling water? If you have, this may indicate the need to let off some steam. Is anything welling up that needs your attention? If you are on the water, for example in a boat, this suggests lack of emotional commitment, while to be in the water but not moving suggests fatigue. If you dream of the elements of water and air clashing – such as strong winds creating a stormy sea – the symbolism suggests you might be contemplating human emotion in general, with all its ebb and flow from rage to calm and rage again. Finally, don't forget that dreams featuring water may simply be triggered by raging thirst or a full bladder while you sleep.

WATERFALL Dreams of a waterfall or rapids may be referring to birth, especially ones in which you are swept along in a warm stream of water through a tunnel and emerge into a pool or lagoon, as it is thought that we all carry the memory of birth in our unconscious. On the other hand, the dancing waters may be reflecting your sense of happiness and exuberance in waking life. A dream of a fountain (suggests womanhood) or a hosepipe (suggests manhood) may have a sexual connotation. If the jet was weak, then it may suggest that sexual desire is not matched by emotional commitment (or the other way round) A steady flow of water is probably symbolic of confidence in waking life.

In dreams, springs can represent a source of untapped creativity and they can also hint at wisdom, because another name for spring is fount, suggesting 'fount of all knowledge'. Wells in dreams can hint at emotional rebirth or good fortune, as wishing wells have been credited with wish-fulfillment for centuries. So if you dreamed of drawing water from a well, what is it that you long for? Because wells are sources of water, it could be that your waking life has become emotionally dry and that you are thirsting for a revival of feeling.

WATERING

See **DIGGING**.

WATER LILIES

See **FLOWERS**.

WEAPON Weapons in dreams appear for numerous reasons. They are associated with aggression and hostility toward someone, perhaps you. They

can be a warning that you need to take defensive action against something or someone that poses a real threat to you. They may also represent a secret desire within you to hurt someone. If you dream of using a weapon against someone, do you harbor hidden anger and aggression that you have not expressed in waking life? If you do not know the person you are attacking, your weapon and victim may be symbolic representations of aspects of yourself you do not like or find hard to deal with. You may have inner conflicts that need to be resolved, or 'killed off'. If so, what does your unknown victim look like, and how does he, she or it react to the threat? All this may provide you with important clues. If you have a weapon used against you in a dream this may suggest that you have done something to upset people around you or it may be that you feel you have become the victim of circumstances. If you are shot in the dream, this may be referring to internalized aggression, past hurt, or a fear of being hurt.

According to Freud, almost every weapon is a phallic symbol and many dream researchers still subscribe to this view. If a man dreams he is attacking a woman with a weapon or hunting a woman, it may reveal an equivocal attitude toward women. A woman who dreams of being attacked may be expressing sexual insecurity or a fear of men. Weapons or firearms that malfunction in dreams or fail to work may indicate a sense of powerlessness to handle challenges in daily life. They may also suggest anxiety about sexual performance or an inability to express ideas confidently to other people. If a work tool or other object is used as an offensive weapon, this suggests a skill or authority that has turned against you, as might happen if a teacher was taking advantage of a pupil. The atmosphere of the dream will provide the best clue for analysis, but ancient dream oracles suggest that this dream generally means you have enemies who pretend to be friends. In other words, 'watch your back'.

WEASEL

See ANIMALS.

WEATHER The weather in your dream often symbolizes your mood or state of mind. According to ancient dream lore, dreaming of fine weather foretells happy events and dreaming of bad weather indicates future misfortune. Although dreams in which weather features strongly may be

presenting you with a forecast of sunny or stormy times ahead, modern dream analysts tend to follow the Jungian interpretation; this suggests that weather dreams often reflect the emotional climate in your waking life. Whether your dream featured sunshine, snow, rain, or a gentle breeze, it is likely that the symbolism of the weather mirrored your current emotions or thought processes in waking life. Another interpretation focuses on the changeability and fickleness of weather, suggesting that your unconscious is forecasting your own change of mood in the real world.

The message of your dream is often highlighted if you felt extremes of temperature or if the weather was uncharacteristic in some way, such as snow falling in summer. Stormy skies may show arguments and anger, sunshine may show happiness and optimism, and snow may indicate that your emotions are frozen. Dreams of earthquakes, avalanches, and other natural disasters suggest emotions that are so powerful and uncontrolled that they can have disastrous effects when unleashed on your waking world.

WEBSITE

See **INTERNET**.

WEDDING/WEDDING DRESS

See **RELATIONSHIPS**.

WEDDING RING The image of a wedding ring suggests a union and a promise or the hope of one.

WEEDS A symbol of misplaced energy or things in your life that are dragging you down or stopping you from reach your full potential.

WEIGHT-LIFTING

See **HEALTH**.

WELLS

See **WATERFALL**.

WEREWOLVES

See **MONSTER**.

WHALES In dream lore, whales still carry much of their ancient folk memory. The biblical story of Jonah – reborn spiritually from the belly of a whale – may be echoed in dream symbolism which sees the creature as the womb of nature, wherein the dreamer may undergo spiritual transformation. In dreams the whale is a symbol of power and hope. It offers assurance that a huge force within you is available from which to draw strength, healing, and wisdom. The whale is also the symbol of the mother archetype – probably on account of its enormous belly – so if a whale figures in your dream is your unconscious longing to return to feelings of warmth and security associated with childhood? On the other hand if the whale is menacing or tries to swallow you up in your dream is there a mother figure in your life who is overpowering and dominating or has some problem, habit, or misunderstanding taken on huge proportions in your life? Or do you simply long for more thrills and stimulation in your life according to the pun having a 'whale of a time'. And does your dream of whales have any connection with wailing or reflect your concern over ecological issues as whales are an endangered species?

WHEAT
See **FOOD**.

WHIP This dream symbol suggests hurtful remarks or criticism. It can also indicate a desire to control situations or other people through threats or even pain.

WHIRLPOOL Water is a symbol of emotions so are you going around and around in circles in your waking life and getting nowhere?

WHIRLWIND
See **HURRICANE**.

WHISKY
See **ALCOHOL**.

WHISPER
See **VOICE**.

WHISTLE A clear warning symbol indicating that you are defying authority in some way. Alternatively, there may also be an allusion to whistle blowing, drawing your attention to a transgression of some kind, either your own or someone you know.

WHITE
See **COLORS**.

WIDOW/WIDOWER Feelings of loneliness in waking life and if you are in a relationship, such a dream may suggest that there is a lack of understanding or a communication breakdown between you and your partner.
See **FAMILY WOMAN**.

WIFE As with women dreaming about their husbands, to dream of your wife may simply be a dream about your relationship and your unconscious feelings about it. This dream may be about your real partner or it may represent the feminine side of your personality. According to Freudians, the way you relate to your wife in your dream may contain elements reminiscent of your relationship with your mother.

If you find yourself in a love triangle in your dream this indicates a difficult conflict of interests and shifting feelings within a relationship. If your first wife appears in your dreams this represents the past; competition for the second wife. If a widow appears in your dreams, this represents fears about the break-up of your relationship, or even the desire to break a relationship. It can also suggest feelings of loneliness or loss. If you are a married woman dreaming about being a widow, this indicates fears about losing your husband or a desire to be free of him. Unmarried women dreaming of, or meeting, a widow might indicate anxieties about a relationship or the prospect of one.
See **FAMILY, RELATIONSHIPS**.

WIFE-SWAPPING

See **RELATIONSHIPS**.

WIG This image suggests a false attitude or persona or someone in your life who is not revealing their true feelings.

WILD ANIMALS

See **ANIMALS**.

WILLOW

See **TREE**.

WIND To dream of the wind suggests unsettled emotions and indecisiveness, but it may also indicate intellect and the beginnings of self-awareness. You may feel the need to make changes in your life. How you interpret the dream will depend on the force of the wind. For instance, a breeze would suggest gentleness and the beginnings of a new idea. A gale might represent something about which we feel strongly and the north wind would suggest a threat to security. If smoke is carried on the air, obscuring your view, you should consider the implications. In waking life, are you being forced into a situation in which you are being forced to reconsider ideas that you previously refused to contemplate?

WIND INSTRUMENTS Wind instruments express extremes of emotion and excitement. Because of their shape, wind instruments are sometimes associated with masculine virility, but can also represent anxiety. The flute expresses the sound of the spirit and, as such, it can be a symbol of both joy and sorrow. A musical pipe suggests connection with the rhythm of life.

WINDMILL

See **FARM**.

WINDOW For Jungians windows offer a view of the outside world. To see windows in your dream signifies points of view, perspectives, and insights, the eyes through which you view life. If you are looking through the

window, then it signifies your outlook on life, your consciousness, awareness, and intuition. Windows are made of glass which can be transparent, giving a clear view but they can also be opaque where the view is obscured. Can you relate this to your view of a situation? Also pane may indicate pain so consider whether you need to be more clear sighted about something that is troubling you. To see shut, shattered, or broken windows in your dream suggests a closed mind. Opening a window may represent a willingness to let in new ideas or fresh air into a life that has become stale. Looking in through the window symbolizes insight but it may also suggest feeling left out in the cold while others enjoy the warmth inside. Looking out of a window may represent your outlook and how you feel about your life. Eyes are sometimes called the windows of the soul. A broken window, which to Freud concerns female sexuality, may suggest to Jungians disillusionment with the world. You may feel that your perception has been blurred by your own misjudgment. Whenever you dream of a window ask yourself what it reveals about the perspective you have on a current situation or whether it seems to hint that a broader more open minded perspective is required. Alternatively if there were no windows in your dream and if drapes obscured your view of the world it is likely that you are taking a shuttered view of life, preferring to live in your own world.

WINE

See ALCOHOL.

WINNING If you dream of winning, whether it is a prize, competition, or contest, this illustrates your feelings of confidence. It may be a reassurance from your subconscious that you have what it takes to be a success in waking life. On the other hand, dream oracles suggest that this kind of dream can sometimes mean the opposite. If you dream of winning a lottery ticket, this indicates a new-found sense of optimism in your waking life. If you see numbers on a lottery ticket, consider buying a lottery ticket and use the numbers you saw in the dream. Losing or drawing the lottery in the dream is a warning that you might be surrounded by false friends or that your hopes are unrealistic.

WINTER For those living in the Northern hemisphere a dream involving

the winter season signifies a time of rest and contemplation but your dream may also be suggesting that your life is barren and empty. It may also symbolize old age or a time when you need to look back on your life and try to learn from both your mistakes and your successes. If this is your favorite time of the year, the dream may hint to an upcoming, fun vacation.

WITCH In past centuries the supposed malignant influence of witches was made a scapegoat for the calamities that affected society so it is little surprise that in dreams they are regarded as harbingers of evil. To dream that you fall under the influence of a witch may suggest that you are surrendering your baser instincts in waking life to your personal detriment. Alternatively, this dream can indicate a woman in your waking life who inspires feelings of mistrust or uneasiness in you.

WITCHCRAFT A dream in which someone casts a spell on you or uses magic, voodoo, or witchcraft either to help or hinder you may refer to someone in your waking life who is seeking to influence you, or people or events around you. The dream may also be commenting on the validity or success of your reactions. The success or failure of the spell will be important; if it is successful, the witch or wizard may be offering you valuable advice and you should pay attention. Whenever magic features in a dream, it suggests that you are using your energy to accomplish something but are not controlling that energy and using it effectively. It does, however, indicate that you are capable of controlling a situation that you are in and making things happen. Psychologically, when magic appears in a dream, it links in with your deepest powers. These can be powers of self-control or sexuality, or power over your surroundings.

If your dream features the occult and you have little or no knowledge of the subject, this usually suggests a need to come to terms with your hidden fears. If you think of the occult in the negative sense, as in Satanism or black magic, the dream may have a negative significance or link in with the egotistical side of your nature. But if you think of the occult in more positive terms, as in Wicca and shamanism, the dream may have a positive spin or link in with the giving, nature-loving side of your character. If you do possess occult knowledge, your dreaming mind may be urging you to apply that awareness and sense of the mystery and wonder of life to your everyday

situation. The rule for both should always be, ‘Do no harm or harm no one’. Finally, due to its complex and mysterious nature in dreams, the occult may be alerting you to your hidden potential.

WITCHDOCTOR

See MAGICIAN.

WIZARD Wizards in dreams are usually concerned with ritualistic magic, control over natural forces, and raising the consciousness of the divine. The wisdom of the wizard is born of age and experience so if a wizard appears in your dreams this is symbolic of a desire to reach a higher plane of consciousness.

WOLF

See ANIMAL.

WOMAN In a woman’s dream a woman such as a family member or friend often represents aspects of her personality that she needs to understand and nurture in waking life. In a man’s dream such a figure represents his relationship with his own feelings and his intuitive side. It may also show how he relates to women in his life. A goddess or holy woman suggests the potential for compassion. Asian women signify the mysterious side of the feminine, while an older woman represents the dreamer’s mother or a sense of inherited wisdom. A beautiful but unknown woman will represent the anima in a man’s dream, said by Jung to personify instinct, emotion and the capacity for love; she will represent the shadow in a woman’s dream. Dressed in black, dream widows may represent your feelings about death, but in Freudian dream interpretation the widow, like the hag or the crone, suggests the loss of male energy in life and, in a man’s dream, may represent unconscious fears of castration.

WOOD This image may represent the past or things in your life which have become second nature or habitual. The image could also refer to being ‘wooden’ or lacking feelings.

WOODS Dreams about woods with trees often have a lot to do with feeling lost and unable to find the right direction in life. When the woods appear within your dream, it is a representation of life, fertility, as well as a period of rejuvenation. It is also a reference to the spring season. Sometimes the woods may refer to an unknown part of your life. You may have to learn to trust your instincts. If you are taking a walk through a forest, it may mean that any hardships that you have recently endured will lead to the success that you seek. The darkness and the concentration of trees, plants, animals, and other creatures in a forest make it a powerful symbol of the unconscious and its instincts. Jung saw fear in dreams of entering or being in a forest as indicative of the dreamer's anxiety about what might be found within the unconscious. For Freud entering the forest is a symbol of the sexual act. If you are lost within a thick forest, you may be in need of some direction in your waking life.
See also **FOREST**, **TREES**.

WOODWORM
See **INSECTS AND ARACHNIDS**.

WORDS Sometimes in dreams a special word is emphasized. Some words, such as 'peace' and 'joy', can be symbols of creative power and can therefore be used in meditation to rebuild the emotional and mental attitudes or conditions surrounding the word. Dreams may also give you letters and numbers to decipher, such as on a dream car number plate. Are the letters or words in your dream intelligible or are they a throwback to a language you once learned or heard or simply don't understand at all? Some people say such images are evidence of past lives emerging into your dream life but most dream analysts believe they are symbolic representations of parts of yourself that you simply can't understand or communicate with. Is the sound or the meaning of the word significant? As always it is important to try to decipher the confusing aspects of your dream. You might find that speaking the phrase aloud or sounding the letters after you wake up jogs some unexpected realizations. Sometimes confusing phrases when spoken aloud can suddenly make sense.

If the word you read or hear in your dream is your name, it is likely that your attention is being drawn to the person you are. You may also want to do

some research on the true meaning of your name, as some believe it teaches the most important lesson we need to learn in life. If you are aware of other people's names in your dreams, you may be aware of the qualities that person has and it is these qualities you need to be looking at. If you don't know any person by that name again it might be worth your while considering what the traditional meaning of that name is. If the name of a place comes up, what are your associations with it? Consider also if there is some wordplay on names.

Sometimes your dreaming mind will use visual, verbal, or colloquial puns to get a point across. For example, if your dream contained images of hands, this could indicate that you are in need of a helping hand or that you are feeling handled or manipulated. Other possible puns might include: a plane (are you feeling plain?); first in line (are you being up front?); dreaming of a highway bypass (are you concerned about being bypassed in life?); and so on. The list is practically endless. The idea is to start looking for puns in your dreams based on visual images, words, people's names, and common sayings.

Also look out for verbal slips in dreams in which you express strange or unacceptable thoughts or urges. These slips happen in everyday speech as well as in our dreams and, according to Freud, such slips can tell us something about our unconscious wishes. In real life they may appear as verbal slips; in dreams, however, they can appear in images of the unexpected, embarrassing but secretly true feelings you may have.

WORK Jobs and work are closely related to self-esteem in waking life so the type of job that features in your dream – and the reward or lack of reward associated with it – can be significant indicators of your feelings of self-worth and of the success or failure of your approach to life's challenges.

A dream in which the main focus seems to be someone else's job or occupation isn't urging you to change career. It is most likely using the symbol of a certain profession to comment on your own behavior, attitudes and actions. Roles often play an important part in your self-image and identity. Without a well-defined social role or identity, many of us feel uncertain in waking life. It is a sign of maturity to cast off this need for a role of some kind and appreciate that we can be many things.

Work A to Z

There is often a good reason why your unconscious highlights a particular job

or activity in your dream. The message may be easy to understand – for example, dreaming of an artist may encourage you to explore your artistic talent – but if an explanation is hard to arrive at, ask yourself which qualities you associate with that particular profession. For instance, discipline is a quality that immediately springs to mind when a soldier is mentioned, so if you dream of a soldier, ask yourself whether this is a quality you need to bring into your life or whether you are sufficiently disciplined for this to be an unlikely interpretation? The different people in your dream represent different abilities, weaknesses, or interests you yourself have. Even if you know the person, the dream still suggests that person's quality or skills in yourself. The only difference might be that your personal associations with the specific doctor or teacher you know who appears in your dream will also play a part.

Accountant/Bookkeeper
To dream of being an accountant or bookkeeper highlights the importance of objective and analytical skills; is your unconscious urging you to adopt a more unemotional and logical approach to a problem or is it a warning to manage your finances better?

Actor/Artist
An actor or actress is a representation of your desire for happiness. If you favor a certain celebrity and you find yourself dreaming of them, it may refer to a physical or character trait that you wish to possess. If you are an actor or actress, it may refer to the hard work that you have been putting into your job. Pay attention to the role you are playing; it may be a sign. Dreams of artists, photographers, and cameramen may be suggesting that there is an artist or photographer within you that is crying out for expression. Take note of what you were drawing, painting, photographing, or filming, as it could have special significance. A dream conductor or musician suggests an urge to control your creativity or to shape the destiny of others. Music is also often associated with spirituality, so a conductor may suggest spiritual aspirations.
See also **ART.**

Analyst
If you dream of an analyst, psychologist, therapist, or psychiatrist, this may be a symbol of self-assessment that has the power to transform your life; it

might also suggest important insights or fears concerning your emotional well-being.

Attorney/Lawyer
Dream lawyers, attorneys, solicitors, or barristers are a symbol of the supportive friend or relative in times of stress, but may also indicate that you are becoming too dependent or losing your sense of right and wrong. In Jungian terms a judge can represent the archetype of the wise old man. Perhaps you should appreciate your own wisdom and powers of judgment more, or perhaps you feel persecuted by arbitrary forces in waking life?

Baker/Cook/Butcher/Bartender
If you dream of bakers, this has associations with creative ability and sexual intercourse, as loaves are images of male sexuality and the oven of female sexuality. Baking may suggest the birth of a child. If your dream featured a cook, who were you cooking for in your dream? Cooks are also thought to be bad-tempered, so is this referring to you or someone you know? If a butcher with his hands covered in blood appears in your dreams, this suggests the sacrifices you have made in your life. Blood is also associated with female sexuality and may suggest a fear of it; the dream may also have links to feelings of aggression. The meaning of dreams about bartenders will depend upon your relationship with alcohol in waking life. Is it a symbol of loneliness or of sociability?

Barber/Hairdresser/Beautician
For men, a visit to the barber may be a classic Freudian symbol of castration anxiety. Going to a dream hairdresser, however, suggests improvements to your image. If you were the hairdresser you have more power over others than you realize. Dreaming of being pampered by a beautician may suggest a need for relaxation or that you need to improve your image and self-confidence.

Builder/Carpenter/Architect/Engineer
A builder is a father figure in dreams; this is because he is a typically male figure working on the house, which represents the self. He can be a reminder of the important influence of your father in your life. Dreams of carpenters and architects represent that side of yourself that is creative but practical at

the same time. Engineers fix things for us in waking life and in your dream they may represent a friend or advisor who is helping you manage destructive emotions. The engineer is also a symbol of the desire to impose order over emotional chaos in waking life.

Bus Driver
Dreams of bus drivers or fare collectors symbolize the part of yourself that is concerned with paying your way or how you give authority in a group situation.

Captain/Admiral/Soldier/Sailor
Because he represents an authority figure in your waking life, dreams of captains may represent an aspect of your personality that is steering you (the ship or plane) in the right direction. It is important to decide if your dream captain or admiral was decisive and in command, or weak and indecisive. A symbol of the Jungian archetypal hero, the soldier is a symbol of the desire to succeed in life. Freudians may see this symbol as an expression of sexual desire. Sailors, by contrast, express the more adventurous aspects of your personality. They live and work at sea, a Jungian symbol of the unconscious, so the dream may suggest a desire to explore your inner self.

Chemist/Scientist
If you dream of a chemist, this may be a reference to alchemy, which Jung related to the dreamer's spiritual transformation. Dreams of scientists might be posing you the question as to whether you need to adopt a strictly reasoned and objective approach to a challenge in your waking life.

Dentist
Toothache often stimulates dreams of dentists. According to Jung, women's dreams about dentists are associated with giving birth, while to Freud, men's dreams of tooth extraction relate to a fear of castration.

Detective/Police Officer
If a detective appears in your dream, this may be a sign that you may be attempting to solve an issue or are worrying about something that needs to be cleared up. If a detective is following you within a dream, it may be a sign that other people want to know more about you. A dream about a police

officer or army officer may suggest the importance of following correct procedure or correct behavior. Perhaps an aspect of your behavior in waking life is upsetting others? Policemen can also represent the father figure, while a policewoman can bring to mind a dominant female in your life. A fireman relates to how you deal with your emotions or outbursts of energy.

Farmer/Shepherd/Gardener/Miner

Farmers represent all that is material, practical, down to earth, and instinctive. If you dream of a farm or a farmer, are you focusing on the rewarding side of farming, symbolized by the harvest, or the tough side, such as the slaughtering of animals? Try to decide how your dream applies to your waking life. Are you struggling to survive harsh and difficult times, or reaping the benefits of your hard work? If the person on the farm is specifically a shepherd, this represents being in touch with your instincts. A gardener in your dream is generally a positive symbol that reflects on your aspirations for the future. Dreams of planting seeds suggest the planting of new ideas, and picking fruit the rewards of experience. If you dream of miners, this suggests a desire to explore the unconscious to discover precious insights.

Fisherman

Since water is symbolic of your emotions, a dream featuring a fisherman suggests your own search for emotional satisfaction. Did you catch a fish and throw it back? If the fish got away, are you being too emotionally reticent in waking life?

Medical Professions

Dreams of members of the medical professions – such as doctors, nurses, surgeons – may suggest that you need to take better care of yourself in waking life; nurses, in particular, often indicate that you are in need of healing, nurturing and affection. The doctor or physician in dreams is also a classic parent figure.

Missionary

If a missionary figures in your dream, try to work out if the advice they gave was inspirational or misguided, as the missionary figure could be referring to you or someone who is advising you in waking life.

Official/Bureaucrat/Secretary
In dreams, an official or bureaucrat may express lack of emotion or emotional coldness that you feel exists in the world around you. Secretaries in dreams may be representing a protective mother figure, but can also suggest in both male and female dreamers the desire for sexual domination.

Plumber
The job of a plumber can be dirty and unpleasant and in dreams there is often a link between water and the emotions; so have you been experiencing a lot of negative emotion lately? If you cleared a blocked drain in your dream, this may refer to blocked emotions. Seeing yourself in the role of the plumber may suggest a process of self-examination.

Salesperson
Salespersons appearing in your dream would suggest that you are trying to sell an idea, project, or yourself in waking life. If you buy something from a salesperson in your dream, are you trying to buy love and affection or are you giving away too much in waking life?

Shopkeeper
A shopkeeper in your dreams may relate to how you supply your own needs or who supplies your needs to you, or help show you how you can gain essential support from other people.

Sportsperson
Sportspersons or athletes in dreams are symbols of personal achievement or your potential to achieve your goals in life.

Tailor
Should a tailor crop up in your dream, he might be suggestive of your ability to create a project from scratch or a change to your public image.

Teacher
See TEACHER.

Waiter/Maid/Cleaner
If you hated being cast in the serving role of a waiter, maid, or cleaner in

your dream, is someone exploiting you or are you taking unfair advantage of someone? Or are your duties in life overwhelming?

WORKING OUT A dream in which you were keeping fit by working out – whether it was in the gym with weights or on an exercise machine, or following an exercise video at home – may be commenting on your real-life need to gain or lose weight. If you already take good care of yourself and exercise regularly, your dreaming mind could have been encouraging you to build up a different kind of strength and stamina; not necessarily physical, but emotional or intellectual. Alternatively, keep-fit dreams could have been commenting on how you are feeling in real life. For example, if you were running on a treadmill, do you feel that you are expending a lot of energy but actually getting nowhere? If you were lifting weights, do you feel you are shouldering a burden in waking life? If a fitness instructor is yelling at your exhausted dream self, do you feel that you are being pushed beyond your limits by someone who has authority over you in real life?

WORKPLACE Schools, colleges, universities, and the workplace have much in common. They are all centers of learning, anxiety, and ambition, and places where people interact and learn from each other. This is why the unconscious may use them as interchangeable dream metaphors. Your boss may appear in your dream as a teacher, or colleagues may appear in the guise of school friends or classmates. So if a dream places you in a workplace, remember to look for any links with school scenarios.

If your dream featured your actual workplace and colleagues you work with everyday, it may have been highlighting your preoccupation with your job. It may also have been trying to draw your attention to a specific aspect of your job. You spend much of your time at work, so work is of considerable importance emotionally. If you are comfortable at work, dreams of the workplace and the people with whom you work may become symbols of reassurance and reward; but if you are not comfortable at work, they can become symbols of frustration. If you had a dream in which you were performing mindless repetitive tasks on an assembly line, perhaps you feel as if you are being treated like a mindless automaton in waking life or that others are making relentless demands on you. Or do you feel that you are losing your sense of identity in your job or that people in your life are taking

you for granted?

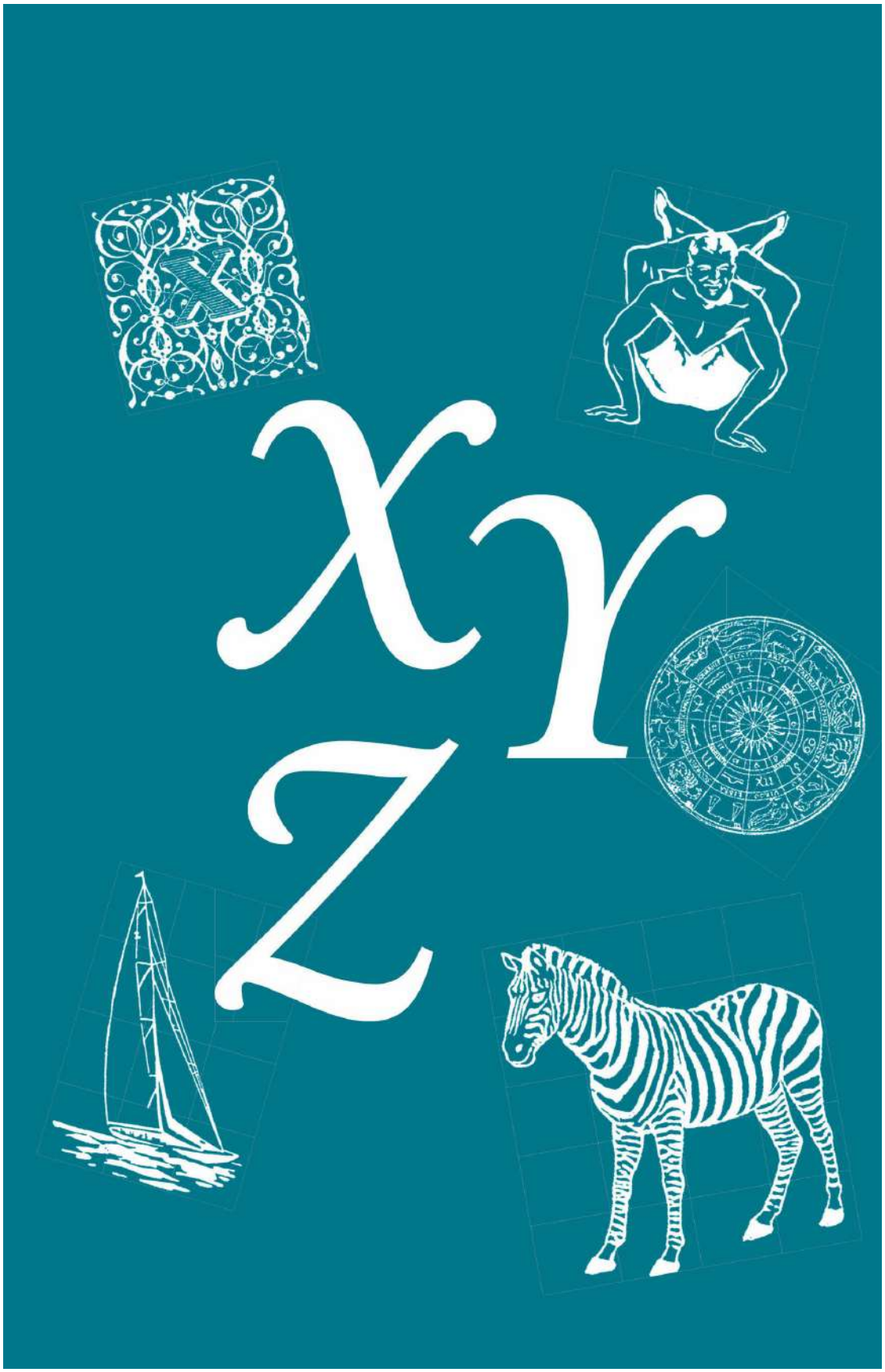
WORMS

See INSECTS AND ARACHNIDS.

WOUND Any kind of deep flesh wound inflicted on your body by a knife in your dream may express a fear of sexual aggression. In general, dreams that feature wounds or being wounded are giving voice to the parts of your personality that are being neglected.

WRITING Writing is a means of communication. In dreams, it may be a symbol of communicating with others but it mostly represents communication with oneself. If you are writing in a dream or reading someone else's writing, it may suggest an unconscious effort to become aware of forces or issues in life. Take note that writing is a secondary form of communication. Speaking is more direct and less cumbersome for most. Thus, the written message in your dream may be disguised or may be less genuine than other forms of receiving information from the unconscious.

You may be trying to figure something out and this might be the first step in that process. Sometimes the instrument you are using when writing is important. For example, a pencil would suggest the information is less permanent than it would be if you were using a permanent marker; a typewriter or word processor would suggest business rather than personal communications. If you dream of leaning over to write on a blank sheet of paper, this suggests an opportunity to make a fresh start and if you are holding a pen, you have found a means to express your thoughts. Were you writing to someone you know or starting to write a novel? Whatever you were writing and whoever it was for, the message implicit in dream writing is that you have an urge to communicate either to someone in particular or to a wider audience. An ink blot in a dream suggests that you have doubts about something or someone in waking life. The shape of the blot may be significant if you can recall it. If tears smudge your writing, this may suggest feelings of guilt toward someone or difficult emotions.


Xx

X An error, or something uncertain in your life which you need to pay greater attention to.

X-RAY A symbol indicating that something or someone is influencing your life in a lasting way. Alternatively, the dream could indicate fear of illness or the desire to see yourself or a situation in a clearer light.

YACHT For Jungians, dreams of yachting or regattas may suggest exploration of the unconscious. For Freudians, such dreams recall memories and longings for the comfort and security of the mother's womb.

YAWN Just as in waking life, yawning is a sign of fatigue but also of boredom. It can also be a warning against hidden aggression within yourself or others.

YELLOW
See **COLORS**.

YES Occasionally in your dream you may be aware that you are saying 'yes' and this is an instinctive acceptance of the need for personal growth.

YOGA Dreams in which you are practicing or watching yoga may be urging you to take a more flexible approach to life. They may also be encouraging you to take a step back from outward activity for a while to

explore your inner motivations.

YOUTH You could be remembering your childhood or teenage years or the attitudes you developed at that age.
See also **CHILD.**

ZEBRA
See **ANIMALS**.

ZERO
See **NUMBERS**.

ZIPPER
See **FASTENINGS**.

ZOMBIE A zombie is a dead person that has been brought back to life through supernatural means, usually through a voodoo ritual. To dream that you are a zombie indicates that you are feeling dead inside, perhaps stifled by your responsibilities or the lack of variety in your waking life. Perhaps you feel out of touch with the rest of the people around you. A ghoul is someone who takes bodies from graves and sells them for dissection. It is also thought to be a creature that feeds on human bodies. Dreaming of a ghoul suggests that your negative ways are hindering your growth. Some dream interpreters think that dreaming of ghouls may indicate new beginnings and a desire to change your life so you can begin afresh.

ZOO To dream that you are at a zoo symbolizes loss of freedom, or that your abilities and talents are going unnoticed. You feel caged in by someone or something in your waking life. The zoo may also represent chaos and confusion, as implied by the common phrase ‘This place is a zoo!’ You may

need to clean up some situation in your life. Alternatively, dreaming of a zoo can indicate the need to understand your instincts and urges; or perhaps you feel that you are being watched in some way in waking life. Your dreaming mind may be alerting you to the importance of appropriate behavior.

*T*HE 50 MOST COMMON DREAMS

Dream researchers often report similar dream themes that appear to transcend all generations and cultures. While there is no complete agreement between experts on what these themes are, listed here are 50 of the most commonly reported dreams, followed by 10 common dreams you should never ignore. Every dream you have is extraordinary; the word ‘common’ is used here in the sense that these are the dreams that research suggests you are extremely likely to have at some point in your life. Understanding the meaning of these universal dreams can get you thinking along the right lines and help you better interpret all your other dreams.

Read the entire list below slowly and mindfully, preferably just before you go to sleep, so that these dream images and scenarios linger gently in your mind as you prepare to journey into the land of dreams. Feel free to read over it again at a later date, and again after that and as many times as you want. In fact, read it over and over again. The information here will never grow old, and every time you read it you bring fresh intuitive understanding to it. Each time you read it you are igniting and fine-tuning your dream interpretation skills.

1. Secret or unused room

An empty, secret, or unused room suggests that you are discovering hidden talents and potential within yourself. It is time for you to explore them. Dreams about unopened boxes also suggest that something important inside you is being hidden and needs to be explored and revealed.

2. Teeth falling out or crumbling

In dreams teeth can be symbols of confidence, so losing them can suggest loss of confidence. It can also express fear of the aging process or anxiety about your appearance.

3. Falling
This can suggest that you are losing yourself in some area of your waking life; you are totally immersed and can hardly think of anything else. But it can also mean that you feel you have no support from others. If you enjoy the feeling of falling in your dream, then you may be relishing changes happening in your life.

4. Flying
A liberating dream that symbolizes a new perspective and your ability to see the bigger picture. It can also suggest newfound confidence. If you are having trouble flying, this indicates you have set some very high goals for yourself.

5. Doors
Doors appearing in your dream represent the need for change and the opportunity to start something new. All you need to do is open the door and see what is on the other side.

6. Dark shadows looming
This symbolizes doubts and fears which are haunting you in your waking life. Often the shadows have no distinguishing features, suggesting that you need to face your fears in waking life.

7. Food
The appearance of food refers to what you are absorbing in your daily life. Pay attention to the quality and quantity of the food. Is it nourishing? Is there too much or too little?

8. Trapped
If you find yourself locked in a room or trapped or restrained in some way, your dreaming mind is encouraging you to approach a situation in a radically new way. Or perhaps something in your waking life is restricting you – a situation, relationship, or your own close-minded approach?

9. Water
Water in your dreams is a powerful symbol for your emotions, so pay attention to the quality of the water and whether you are swimming or drowning in it. Water is also cleansing and healing. If you see a waterfall this suggests inner peace.

10. Being late

Dreams about being late for something – typically school, work, or an important event – suggest that you aren't being organized in your daily life or that you feel anxious about the direction of your life. Dreams about running out of time have a similar interpretation.

11. Being unprepared

Dreaming that you are unprepared for an exam or a situation, or don't know where to go for an event, suggest lack of confidence in your ability to handle a certain situation in your waking life or difficulty transitioning from one stage to another.

12. Spiders and/or snakes

Dreams about spiders and snakes represent aspects of yourself or your waking life that you aren't aware of yet, or that you are aware of and which are in danger of getting out of control.

13. Killing

Dreaming about killing or murdering someone suggests that there is some aspect of yourself which isn't serving you well anymore and you need to destroy it. This could be an addiction or a negative approach.

14. Examinations

Sitting a test or exam in your dream suggests that you are feeling challenged or tested in your waking life and the dream is telling you that the secret to success is to stay focused and alert.

15. Dying

Whether it is you or someone else dying in your dream, this does not refer to physical death but to something in your life ending. That could be a relationship, a life stage, a job, or even an attitude or approach to life.

16. Meeting someone famous

The important focus here is on the celebrity's identity, as they represent something that you aspire to or value. They can also mean your need for validation, and this is especially the case if you don't know who the celebrity is in your dream.

17. Being chased
Something or someone in your waking life is threatening to overwhelm or catch up with you. These dreams are often a response to stress; it could be you are avoiding facing something or that you are feeling you can't live up to expectations.

18. Partner is cheating
This may refer to someone in your life focusing more on something else rather than you, but it is more likely to refer to an aspect of yourself that you don't yet trust or is letting you down in some way.

19. Roads and paths
If roads, paths, or motorways feature strongly, your dreaming mind wants you to focus on the direction your life is heading. Pay attention to whether the road is one well or less traveled and whether or not you are enjoying the journey.

20. Naked
If you are naked in your dream this suggests that you are feeling vulnerable or exposed or judged in some way. Are you afraid to show the world your true self? Do you need to be more self-confident in your waking life?

21. Lover
Dream lovers – whether they are someone you know or a stranger – represent the relationship not with someone else but with yourself. The lover represents an aspect of yourself that you need to integrate or learn from to become whole.

22. Pregnant
This suggests the birth of a new idea or the beginning of a new phase in your life. It also indicates tremendous creative potential if you take care to nurture that potential and watch it grow.

23. Baby
When babies appear in your dreams this suggests exciting new possibilities are coming into your life. You need to embrace them.

24. Cat

Cats are symbols of femininity, creativity, and independence or free spiritedness. If, however, you are not a cat lover they can suggest suspicion and lack of trust in your waking life.

25. Dog

Dogs are symbols of companionship, loyalty, and trust. If, however, you are not a dog lover they can suggest routine and an unimaginative approach.

26. Car or vehicle

Dreams of cars and other vehicles represent our motivation or drive and the direction we are heading in. It is important to notice whether you are driving or a passenger or if the vehicle is out of control.

27. Sex

Dreaming about sex suggests that you need to focus on self-care and loving yourself. The person you are having sex with is not necessarily someone you want to sleep with but instead represents an aspect of yourself you need to acknowledge or embrace.

28. Unable to find restroom

If you want to relieve yourself in your dream but can't find a restroom, this suggests you are not able to fully express what you want or need in your waking life. Your personal needs are not being satisfied.

29. Birds

A symbol of optimism and joy, as well as freedom and the feeling that your hopes and dreams can take flight.

30. Alien encounter

If aliens or monsters appear in your dream this may suggest a lack of connection between yourself and others. It can also suggest that you have incredible imagination and creativity.

31. Missing body parts

Amputated limbs or missing body parts or seeing body parts in your dreams suggests an aspect of yourself that you want to avoid or cut off from. Dreams about skeletons have a similar interpretation.

32. Animals

The meaning of dreams featuring animals will be tied up with the qualities associated with the specific animal, but in general animals represent the hidden or repressed aspects of yourself that you are not openly expressing. If insects – ants, in particular – appear, this suggests the need for greater self-discipline and teamwork.

33. Houses

Houses in dreams are symbols of you, and the rooms within are all representations of aspects of yourself. The attic represents memories, the basement your intuition, downstairs your thinking processes, and upstairs your feelings. Stairs connect these aspects of yourself together.

34. Burglars or intruders

If burglars or intruders appear in your dreams you may feel you are losing something valuable or that your privacy is being invaded in your waking life. This is especially the case if your house is burgled in your dream.

35. Losing something valuable

If you lose something of value in your dream, such as a wallet, watch, or cherished piece of jewelry like a wedding ring, this refers to an aspect of yourself that you are out of touch with or some aspect of your waking life that you feel is at risk.

36. Being lost

If you are lost in a dream this suggests confusion and a loss of direction in your waking life. If you are lost in a forest you cannot see the wood for the trees and need to get a clearer sense of where you are heading.

37. Falling in love

The key to interpreting this dream is identifying what it is about your dream lover that you need to acknowledge or integrate into yourself to feel whole. This is a dream about self-discovery.

38. Missing a plane or train

If you find yourself missing a plane or train in your dream, this is a clear sign that you are anxious in your waking life about something or someone and feel you can’t cope in some way. It also indicates feeling that you are missing out

on something important.

39. Calling the wrong number
Dialing a wrong number and other telephone malfunctions suggest problems communicating your true feelings to others. Such dreams often occur when you feel anxious about reaching out to others, or when you feel you are losing touch with someone.

40. Walking barefoot
This suggests a need for you to feel more grounded and secure in your waking life. You need to reconnect with what really matters in your life.

41. Being blind
A sign of confusion and vulnerability and over-reliance on the guidance of others. It can also suggest a desire to avoid facing the truth of a situation.

42. Accidents
If you dream of having an accident in a car, train, or plane, this suggests the need for caution in your waking life. You need to be more alert to potential stumbling blocks.

43. Being back at school
Dreams about school or being in a classroom suggest the need for you to learn something new. Or perhaps you have not yet learned from lessons of the past.

44. Childhood
Your dreaming mind is encouraging you to become more spontaneous, joyful, and passionate in your waking life. Reconnect with your inner child.

45. Fire
If fire in any form appears in your dreams it is a symbol of extremely passionate emotions. There is an element of risk here but also of exciting new possibilities for your personal transformation.

46. Flowers
Symbols of creativity and joy, flowers in bloom suggest optimism and hope in your waking life. If they are withered, however, you need to find fresh

inspiration.

47. Weddings and funerals

Both wedding and funeral dreams suggest that one phase is in your life is ending and another is beginning. Wedding dreams tend to be associated more with feelings of optimism while funeral dreams are tinged with feelings of sadness and regret.

48. Nature

Dreams about nature suggest that you are feeling loved and supported or that you desire to feel more loved and supported. In general, whenever the color green appears in your dream this is a sign of emotional healing.

49. Clothes and hair

The clothes you see or wear in your dreams represent how you want to appear to others or how others see you. Pay attention to the quality of any clothing as it will offer great insight into your self-image and how good you feel about your body and your life. Dreams about hair have a similar interpretation but may be associated with your attitudes toward your sexuality or sex appeal.

50. Beach dreams

Dreaming about a sandy beach, or being on an exotic holiday, are often wish-fulfillment dreams. A part of you longs to escape from everyday responsibilities and routines, and dreams offer you a way to safely escape into a world of adventure, fantasy, role playing, and infinite possibility every single night.

10 COMMON DREAMS YOU SHOULD NEVER IGNORE

Some dreams can feel more realistic and vivid than others. They are typically recalled instantly on waking, whereas the images of other dreams may take a while to resurface. They are also likely to linger with you for days, months, or even years after you have had them – in contrast to other dreams, which are easily forgotten if you don't make the effort to take a few moments to write them down.

With these powerful dreams, or nocturnal visions you can't forget, you can often just close your eyes and recall them clearly, almost stepping back into them. This clarity is for a reason. Your dreaming mind wants you to pay attention to the important message it is sending you. When you have any of the following 10 dreams you are strongly advised not to ignore them. Listen to your intuition.

1. Drowning

Water in dreams symbolizes emotions, and so if you are drowning in your dream this is a clear sign that you are letting your emotions make decisions for you in your waking life. Your dreaming mind is encouraging you to learn how to manage your emotions better.

2. House or property loss or damage

Houses in dreams represent your inner life, so if your dream house is damaged or destroyed by fire, water, or other causes it suggests that you are sabotaging yourself or not taking care of yourself. Your emotional health is at risk. (The flip side is that dreams about discovering new spaces in your home or dreams about home improvements suggest that some aspect of your waking life is on the mend or improving.)

3. An out-of-control vehicle

If you find yourself in an out-of-control car or vehicle, whether or not you are driving, this dream is suggesting that events in your waking life are in danger of being out of control. It's time for you to get in the driver's seat or – if you are the driver – to drive more skillfully.

4. Dreams of disaster

You are confronted with overwhelming floods, tidal waves, earthquakes, volcanic eruptions, tornados, hurricanes, bombings, and so on. These disasters – whether man-made or natural – may signal personal problems raging out of control and which your dreaming mind no longer wants you to avoid or ignore.

5. Being injured, ill, or dying

Such dreams may involve your own injury or death, those of your children or people you love, or even the death of a famous person. When you dream of the accidental death of anyone this symbolizes something in you that is no longer functioning. You can't carry on as before. It is time for new beginnings.

6. Buried alive

If you are buried alive in your dream and feel powerless to scream or breathe there is likely to be considerable confusion or conflict in your waking life. You urgently need to find a way to escape restrictions and breathe new perspectives or hope into a situation. If you can't do that by yourself, you need to reach out to others for help.

7. Paralysis/stuck in mud

If you are paralyzed in your dream and unable to move at all, this suggests you are feeling stifled and are taking on too many responsibilities, or not expressing your true feelings in waking life. You can't decide on the best course of action and are feeling stuck. But sometimes you have to make a decision to move forward, even if that decision isn't the perfect one. If you are stuck in mud this also indicates feeling stuck in some way in your waking life and the need for you to break free in some way.

8. Departed loved ones

Whether or not these kinds of dreams are afterlife visitations, they can be extremely comforting for people who are grieving. They are also extremely

powerful if you are not grieving because they suggest that this life is not all that there is, and death may not, in fact, be the end.

9. Superhero

Dreaming you are a superhero, like flying dreams, are wonderfully liberating messages from your dreaming mind. There is so much more to you than you currently realize. You have tremendous potential. You just need to be bold. Believe in yourself and your unique qualities.

10. Recurring dreams

If you find yourself having the same or similar dream over and over again this should never be ignored. Your dreaming mind wants you to take note. It is using the power of repetition to tell you something important for your personal growth. You will continue to have the same dream – and that dream will become more and more vivid and graphic – until you fully understand the important message your dreaming mind is sending you about yourself.

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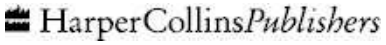

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